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Algarve Mayor - Ban boozing Spaniards

Tavira Mayor Macário Correia has this week called on the Government to take action against rowdy visiting Spanish tourists who he says are causing continued and extensive damage in the town. (See Page 2)

Road deaths continue to fall

A total of 54 fewer people have died on Portuguese roads so far this year when compared to 2007, latest figures, for the period January 1st to August 15th have shown. (See Page 4)

Portuguese like it hot

Clinical research has shown that the Portuguese tend to have more sex during the hotter summer months, based on sales of contraceptives such as condoms and the morning-after-pill, which reached an all time high in August, whilst in colder winter months they prefer to procreate. (See Page 10)

Queiroz off to winning start

Carlos Queiroz enjoyed the perfect start to his reign as Portugal football manager with a 5-0 thrashing on Wednesday evening of lowly Faroe Islands in a football friendly in Aveiro. Portugal next face Malta in a World Cup qualifying match in September. (See Page 72)

Seven day weather outlook

Lisbon: The capital will enjoy near perfect weather conditions, with temperatures sitting in their late 20s and early 30s, which will be coupled with clear skies. **Faro:** The Algarve will enjoy a perfect end to August with blue skies and thermometers sitting in their late 20s and early 30s. **Oporto:** Thermometers will be dropping to their low 20s next week with partly cloudy conditions.

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Audacious military-style hold-up of security van on one of country's busiest motorways

HIGHWAY ROBBERY

Equipped with military-issue weaponry, five men have carried out a daring and unprecedented robbery of a security van on the A2 motorway during the early hours of Wednesday morning. The group escaped undetected with huge sums of cash. Conservative estimates indicate that the group made off with at least one hundred thousand euros, though observers are suggesting the amount could be several times this figure, as the security van was carrying cash destined for banks in the Algarve where demand for money reaches its peak in August. While the case is covered by judicial secrecy, hence the limited and selective information being released by police, reports have since stated that authorities have no idea of the whereabouts of the assailants. Robbery, see p. 72

Vanessa Fernandes clinches Portugal's first Olympic medal

Silver medalist Vanessa Fernandes of Portugal stands on the podium during the medal awards ceremony for the Women's Triathlon at the 2008 Olympic Games in Beijing, China, on Monday. (Photo: EPA/Michael Reynolds)

Algarve mayor - Ban boozing Spaniards

Tavira Mayor Macário Correia. (Photo: The Portugal News/Carrie-Marie Bratley)

Brits abroad have long been popular headline fodder, though not always for the best reasons; questionably liberal holiday decorum and being notoriously raucous are common and not-too-unrealistically comical ways of portraying the (albeit younger) Northern European holidaymaker. In Tavira, in the eastern Algarve, however, Spaniards are earning themselves a reputation as problematic visitors, and are being accused of littering beaches with waste and causing thousands of euros in material damage following night-long open-air drinking sessions that often end in alcohol-fuelled vandalism.

Last weekend Tavira Mayor Macário Correia spoke out against this increasingly worrying phenomenon, which has hit the Western Algarve region even harder since *'botellóns'*, ('bottle gatherings' – where masses in their thousands collectively consume huge amounts of alcohol) were officially banned in neighbouring Andalusia, in 2006.

He accuses Spanish laws of "pushing" thousands of young Spaniards to the Algarve to indulge in *botellóns,* subsequently polluting the area with noise, litter and vandalism.

Mayor Correia is now hoping a similar law will be implemented in Portugal.

It has been reported that his concerns were penned in a letter to the Ministry of Internal Affairs, where he asked for government intervention.

Macário Correia confirmed to ***The Portugal News,*** "I have brought the situation to the attention of the Minister of Internal Affairs and I hope he will take action soon".

He has been criticised by some tourism officials for singling out one particular nation and accusing them of "giving Tavira a bad image"; a nation in which the Algarve invests heavily when it comes to tourism promotion.

This year, of the €6.8 million made available for promoting the Algarve around the world, 11 per cent (€750,000) was spent on boosting the region's image in Spain.

Nonetheless, Mayor Correia remains steadfast.

"We know it is a growing problem as over the past few years we have received an increasing number of complaints from beach concessionaries who have had their equipment broken; City Hall employees who clear up the debris, and we have spoken to the GNR and Maritime police", he told ***The Portugal News***, referring to deck chairs, sunshades, life saving equipment and other beach paraphernalia that is allegedly trashed (and reportedly even used for bonfires) during the night-long drinking sessions.

When asked how the nationality of the main culprits was identified, he explained, "We speak Portuguese. It is not hard for the Portuguese to identify a Spanish-speaking person".

He continued, "Seville is just two hours away, Huelva is one hour away. It is young Spaniards' habits and customs to enjoy *'la Movida'*, to enjoy drinking in the open air, but it has intensified here over the past few years".

Mayor Correia now estimates that the cost of damage caused since this phenomenon hit Tavira has escalated to hundreds of thousands of euros.

"Of course this worries me", he said, "even though the situation has improved over the past few days, it still gives Tavira a bad image".

Major Antunes of the Faro GNR police, however, contradicts somewhat Mayor Correia's view of events.

In comments to ***The Portugal News*** he said, "We haven't noticed anything out of the ordinary. We have upped our fiscal interventions, some citizens don't abide by the law, but it is nothing unusual in comparison to other years".

Earlier this week Dr. António Pina, head of the RTA Regional Tourism Board, also voiced his concerns regarding the alleged *botellóns* and Engº Correia's comments, deeming it necessary to make clear that it was not a criticism of Spaniards in general.

Speaking to ***The Portugal News*** on Wednesday, Dr. Pina said, "My concerns at the time were to make it clear that these comments were not being aimed at the Spanish market as a whole, but at one particular group. It emerged that these problems are being caused by groups of youths who come to Portugal to practice *botellóns*, which are forbidden in their country, and it is these youths that Engº Macário Correia is talking about. In this I am totally supportive of what he says. We are not Spain's backyard and it is not acceptable or dignified social behaviour".

With Spain as Portugal's third largest exporter of tourists, Dr. António Pina denies the Mayor's allegations that Spanish youths are giving Tavira a bad image. "There is no diplomatic conflict", he said, concluding "It is undignified behaviour and it should not be accepted from any nationality, Spanish, French, Chinese, British, Portuguese, Irish, or any other".

A spokesperson for the Spanish Embassy in Portugal told ***The Portugal News*** that, due to a turnover in diplomatic representatives, "no one is available to comment" on this sensitive matter.

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Editor: Brendan de Beer newsdesk@the-news.net
Production: Madeline Luckman copy@the-news.net
Journalists: Carrie-Marie Bratley, Tommy Broad
Paws & Claws: Raquel Salbany
Preview: Nikki Hall
Travel: Sherry Hughes
Columnists: Patricia Westheimer
Correspondents: Gwynne Dyer
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Area Managers:
Bella Talhadas 914 393 736 *(Lisbon, Estoril, Cascais, Sintra)*
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Camping fines

Seven Maritime Police and six Nature Reserve officers carried out an operation on four beaches located within the Western Algarve and Soutwest Alentejo Nature Reserve this week, searching for illegal campers. Over two hundred offenders were fined and forced to abandon the locations.

The operation started at midnight at Odeceixe beach and finished at 07h10 at Amado beach. Things seemed quite tranquil at Odeceixe and officers only found one tent on the beach. From there they went to Amoreira beach and came across four tents, sixteen motor homes and six vehicles.

The operation extended to Monte Clérigo where five tents and four motor homes were fined but the real goldmine was their final location, the surf sanctuary Praia do Amado. There, officers fined sixteen tents, 98 motor homes and 62 cars parked near the sand.

Almost all the offenders were of a young age and of several nationalities, such as Spanish, Portuguese and German. All were identified and will have to pay fines ranging from €500 to €2,500.

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Road deaths continue to fall

A policeman observes the wreckage of a truck which was involved in a crash with a car in an accident on the A8 at Torres Vedras on 21st July. (Photo: Lusa / Mãrio Caldeira)

A total of 54 fewer people have died on Portuguese roads so far this year compared with 2007, latest figures, taking the period January 1st to August 15th have shown.

Since the beginning of the year, 455 people have died on the country's roads, down from last year's 509, while serious injuries fell by 390 to 1,547.

Due to these recent significant reductions in the number of road deaths and serious injuries, the European Commission recently acknowledged Portugal's efforts in curbing this phenomenon and recognised the country for its good results.

Since the year 2000 and over the next six years the number reduced by half, leaving Portugal, which before 2000 had the worst road death statistics in Europe, just six per cent above the European average.

Accidents also fell by 30 per cent during this period, placing Portugal as one of Europe's most successful countries in cutting road tragedies.

Between 1975 and 2000, Portugal had the worst road death statistics in the EU, its blackest year being in 1991, when the country's roads played host to 48,953 accidents, which resulted in, 2,475 deaths and 12,548 serious injuries.

Head of ANSR National Road Safety Authority, Paulo Marques, has attributed the positive progress to improvements in the national road network, better signage and traffic control equipment within urban areas, more rigorous periodical inspections, higher fines and the wearing of seatbelts in trucks compulsory.

Despite this, an international study compiled by the European Committee for Transportation and Safety this year revealed that for every billion kilometres collectively travelled on Portugal's motorways, 6.76 people, drivers or passengers, die in road-related accidents.

This figure is considerably higher than the overall average of the 19 countries assessed in the study, which is 3.65 deaths on Europe's motorways for every billion kilometres travelled.

Slovenia and Hungary have the deadliest motorways, with 8.68 and 8.84 deaths for every billion kilometres; whilst Switzerland (1.41) and Denmark (1.5) had the safest motorways.

According to this study, more than 3,200 people die on the EU's motorways every year, translating as 0.8 per cent of all road deaths per 12 months.

In Portugal, drink-driving still seems to be an issue in need of attention, as figures from 2006 showed that 33 per cent of all bodies autopsied following road accidents had alcohol levels above 1.2 g/L.

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Hammered drivers get nailed

Last weekend, the GNR's Traffic Authority detained 89 drivers with a blood alcohol level above 1.2 g/l and caught 817 speeding, according to official data.

On the Friday night, officers breathalysed 1,221 drivers and 216 were found to be over the limit, 72 of whom were detained as their blood-alcohol level was over 1.2 g/l. On the same night 552 people were fined for speeding.

On Saturday, GNR officers submitted 567 drivers to the breathalyser, catching 70 over the limit of whom 17 had a blood-alcohol level above 1.2 g/l. The Traffic Police registered 265 speeding offences.

Of the 1,573 drivers pulled over, Traffic Police issued 634 fines of which 354 were serious offences and 62 were very serious.

Furthermore, fines were issued to 27 drivers for not wearing a seatbelt and to seven for not having a driving license.

New MOT rules come into force

New rules that stipulate the deadline by which motorists have to have had their vehicles undergo their periodic inspections, or MOTs, is the actual date of registration and not the month in which it was registered came into force on Wednesday.

This new measure is aimed primarily at lowering the congestion at MOT centres at the end of the month, especially on the final day.

According to IMTT (Portuguese DVLA), over 400,000 compulsory inspections are conducted every month in Portugal and during the last days of every month the MOT centres are overrun with motorists taking their cars for a last minute MOT.

This new law will spread inspections out over the duration of any given month and it is hoped car owners will not be subjected to long waits.

Each inspection will be more rigorous and the changes also mention that inspections can be carried out up to three months before the day the vehicle was registered.

Light passenger vehicles need to go for a MOT four years after being sold, and thereafter every two until eight years have elapsed, where after it has to be done annually.

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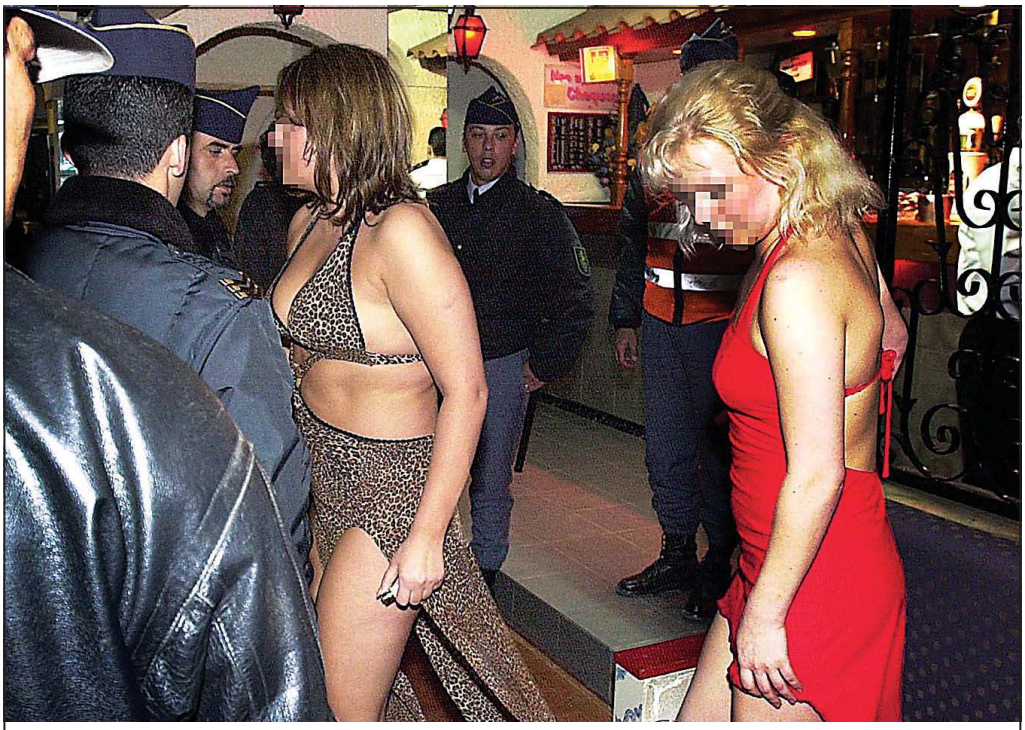
Bars and clubs to keep records

Minister of Home Affairs Rui Pereira said he is studying the possibility of a new law proposed by the nightclubs of Oporto that will keep information of clients who have committed illegal offences within these establishments and be listed for future reference across the country.



Early morning revellers in trouble with the police. Their illegal offences may now be kept on record. (Photo: Lusa / Manuel de Almeida)

Speaking to journalists, Rui Pereira said the Ministry of Home Affairs is seeing if "it can be justified to create a social order law that applies sanctions to people who commit offences in evening entertainment venues." According to the Minister, the sanctions would be fines or complementary sanctions, such as being barred from other venues. He also added that citizens would be able to appeal in court.

This new law was requested by the Association of Bars and Discotheques in Oporto's Historic Area. António Fonseca, president of the association, said sanctions would include the prohibition of entering a bar or discotheque where offenders had caused trouble in the past, as well as having their name registered on a list of offenders. If they cause more problems in the future they will face the possibility of being barred from all bars and discotheques in the country.

With this regime, which many people want to see enforced, the owner of the establishment has the right to refuse entry to people on the list.

Ministry of Home Affairs took the time to mention the newly approved measures to enforce safety at night entertainment establishments, such as the installation of safety doorways at premises with a capacity of over 100 people, updating fines, the shutting down of establishments for not complying with safety laws and the illegal practice of private security being seen as a crime.

Speed demons in Guarda

GNR Traffic Police in Guarda revealed this week they had caught a man speeding at almost double the speed limit (235km/h) on the A25 motorway, which connects Vilar Formoso to Aveiro.

The Traffic Police did not give any specific details of the offence, but they did reveal that the Guarda area has become the chosen location for people going at ridiculous speeds lately. Between 11th and 17th August, Traffic Authorities registered nine cars driving over 200 km/h on the A25 motorway. Most of the drivers going at these speeds were non-residents in Portugal.

Tourists and emigrants were guilty of one third of all fines registered in Portugal last week. According to the weekly balance, Traffic Police fined 7,176 vehicles, 242 of which were driving over the legal speed limit. Drink driving fines were issued to 26 drivers, with five being arrested for being well over the limit.

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23 Sábado Saturday — Luís Represas
24 Domingo Sunday — Anjos + Família Superstar
25 Segunda Monday — Jorge Palma
26 Terça-Feira Twesday — Tito Paris, Nancy Vieira
27 Quarta-Feira Wednesday — Tributo aos Queen
28 Quinta-Feira Thursday — Pedro Abrunhosa
29 Sexta-Feira Friday — Tony Carreira Em exclusivo no Algarve na FATACIL
30 Sábado Saturday — Xutos & Pontapés
31 Domingo Sunday — Elba Ramalho

PALCO LAGOA_21:00 h

22 Sexta-Feira Friday — Noite de Folclore Algarvio
23 Sábado Saturday — Xico Barata
24 Domingo Sunday — Noite de Fado
25 Segunda Monday — Tuniko Goulart
26 Terça-Feira Twesday — João Miranda
27 Quarta-Feira Wednesday — Grupo de Cantares do Parchal, Grupo de Cantares Fonte Nova
28 Quinta-Feira Thursday — Reflect " Ultimo Acto"
29 Sexta-Feira Friday — Zé Praia e Água Viva
30 Sábado Saturday — Pedro Frias & Banda
31 Domingo Sunday — Los Cubanitos - Salsa

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Turismo de Portugal algarve

Tourism results indicate a tough summer

A beautiful uncrowded Algarve beach. (Photo: RTA)

The ongoing economic crisis is showing surefire signs of affecting the country's tourism. Portuguese are spending less time away from home and the Algarve is suffering the most.

Hotel accommodation figures have shown that summer 2008 did not get off to the best start, and it isn't about to get any better.

Data relating to tourist activity in June this year, compared to June 2007 and released this week by the National Statistics Institute (INE) has shown a negative variation of 1.8 per cent in room occupancy and a 3.1 per cent drop in tourism-generated revenue, which netted the country a total €178.7 million.

In June, hotels and resorts registered 3.72 million overnight stays, around 70,000 less than the same month in 2006.

According to the INE, this was mainly due to the lack of Portuguese tourists, who due to the current crisis, are opting to spend more time at home and less time on holiday, or instead opting for cheaper accommodation, like motels, hostels and camping sites.

Concerning the drop in non-resident tourists, figures were less relevant.

"Despite predicting the Portuguese would not go abroad this year and that they would instead holiday in Portugal, this also has not happened", said Sérgio Palma Brito, of the Portugal Tourism Confederation.

However, this affected the region in different ways. Madeira and the centre of mainland Portugal registered a rise in figures, whilst elsewhere numbers fell significantly, most noticeably in the Algarve.

Over 17,000 Senegalese learning Portuguese

Around 17,000 Senegalese are learning Portuguese in primary and secondary schools and another 700 students are enrolled in Portuguese courses at one of Dakar's main state universities, officials said.

José Horta, head of the Senegal section at the Portuguese Language Centre of the Camões Institute, told the Lusa News Agency Portuguese is taught in ten of Senegal's 11 regions.

The Francophone West African state has even more students learning Portuguese than France, traditionally with a big Portuguese immigrant community, he noted.

It has been compulsory since Senegal's independence to study another language besides French and English, and Portuguese is a popular choice for many Senegalese pupils from the eighth grade onwards, said Horta.

Southern regions of Senegal, particularly Casamance province that was once part of the Portuguese empire, have most demand for the language.

Portuguese is also in widespread use in this region as many families have relatives in neighbouring Guinea-Bissau, he added.

Senegal, with a population of over 12 million, was given observer status last month at the leaders' summit of the eight-state Community of Portuguese Language Countries (CPLP).

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Portugal to boost Timor aid for justice system during ministerial visit

Portuguese Justice Minister Alberto Costa said this week he would sign two bilateral cooperation schemes in Dili later this week during a three-day visit to East Timor.

Minister Costa, who began his visit to Asia's newest nation on Thursday, told the Lusa News Agency he would ink a protocol with his Timorese counterpart, Lúcia Lobato, to assure the career and salary rights at home of Portuguese judges and magistrates recruited to serve in East Timor under United Nations auspices.

The current lack of such guarantees by Portugal had hindered the recruitment of judicial personnel to serve in Dili, the minister said.

A second protocol, he added, would broaden Portuguese aid beyond current bilateral programmes of training judicial sector personnel to help the former Portuguese territory "modernize" its judicial system in all areas.

"We plan to continue and bolster our judicial cooperation. Justice is, in fact, the priority of our cooperation with East Timor", Costa said.

He was scheduled to meet all Dili's top leaders, including President José Ramos Horta, Prime Minister Xanana Gusmão, and UN mission chief Atul Khare during his three-day stay in Dili.

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Madeira Governor threatens to create breakaway party

Controversial Madeira regional Governor Alberto João Jardim has this week spoken for the first time of launching a new political party. According to Jardim, who has ruled over the autonomous island-region since the seventies, the main purpose of the party would be to avert a Socialist majority in Parliament following next year's general elections.

Elected under the colours of the Social Democratic Party (PSD) whose influence is widespread across Madeira, Alberto João Jardim has pledged to "wake up" the country.

Speaking for the first time about a new party, the Madeira Governor even came up with a name, the Social Federal Party (PSF), whose primary objective would be to "enforce serious opposition, change Portugal and decentralise power in Portugal".

Speaking from the island of Porto Santo, Jardim explained his motives behind the possible creation of a new party: "The idea I have is this: If political parties continue in this monotony, lack of imagination and resignation, which is the case with all political parties with the exception of the Communist Party, and the PS is enthroned as a sort of national union of the regime, then it is time to launch a new party".

The Madeiran leader explained that the new party would represent a centrist line, with its foundations in equal distribution, follow the social doctrines of the Catholic Church and simultaneously decentralise the power in order to avoid all the resources staying in Lisbon.

Jardim further believes that there are politicians in every council in the country who do not accept the current political situation or believe in the current political parties. Last month, the Madeira Governor pledged to a large gathering of supporters that the island region would provide the support necessary for Portugal to change the existing political hierarchy, considering being governed by Prime Minister José Sócrates as being "an insult". Speaking at the annual Madeira festivities at Chão da Lagoa, Alberto João Jardim guaranteed the Madeirans would do "everything" to force political change in Portugal.

"It has come to a point where we cannot wait for the opposition. It must be us, the people, changing Portugal. Know that you can count on us, the Portuguese from Madeira, to help make the necessary changes in Portugal".

"Sócrates cannot continue to govern Portugal, in fact I think it is an insult for the Portuguese to be governed by Socrates", he said, considering the Prime Minister a "great enemy of Madeira" due to the difficulties Jardim claims he has brought upon the region.

"That man, Madeira's greatest enemy, thought he could destroy us, thought he could stop our progress by taking our money. That person does what is least ethical in a democratic state, he uses the state for political combat," Jardim said accusingly.

After claiming Madeira is "occupied by colonial occupation forces", like the PSP and courts, and that "the state doesn't invest a cent in the region", Jardim reiterated "autonomy is supposed to help Portugal develop".

He said Madeirans would not betray Portugal, but they would not tolerate "being betrayed by fellow Portuguese".

"I know how it is, in Lisbon, all those who could change Portugal just want, at five in the afternoon, to change their shirts and go home to watch TV. It is a cowardly country, a country that has surrendered; a country that is completely resigned to its fate. But here in Madeira, Portugal has not given up."

Despite his apparent dislike for the Prime Minister and the regime in the Portuguese capital, Jardim has expressed an openness to form a coalition with the current political hierarchy should they fail to receive the necessary votes to govern unobstructed in the 2009 general elections.

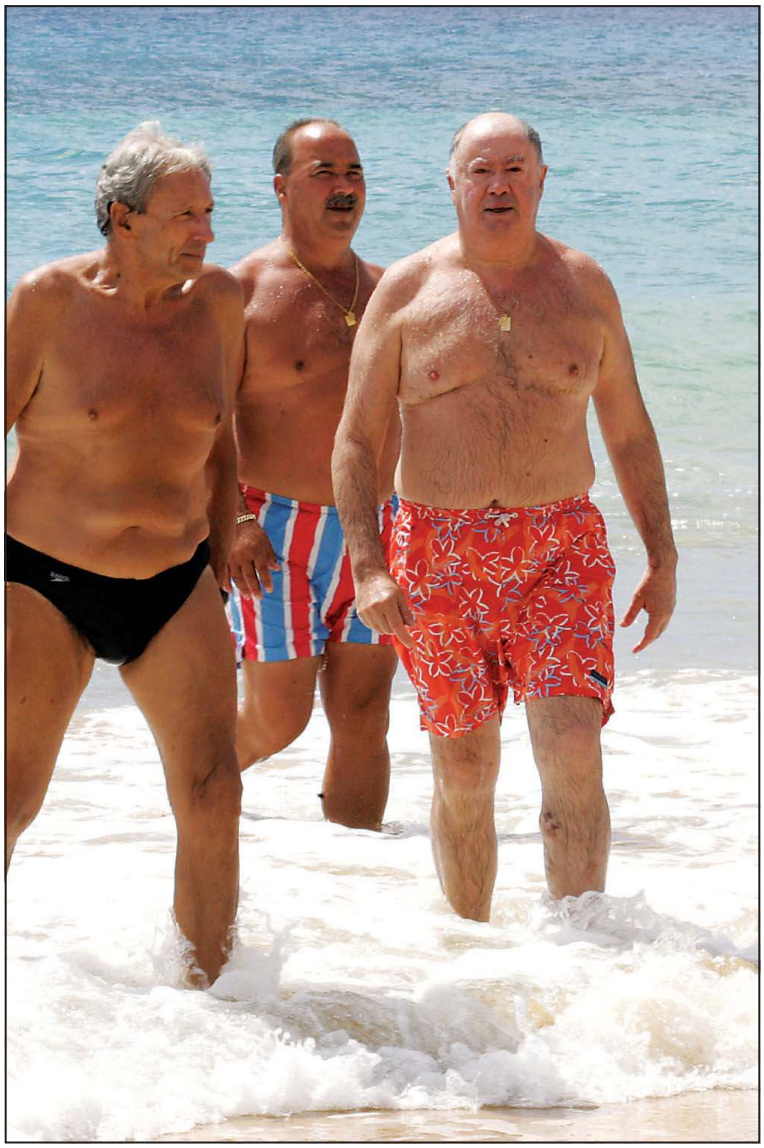
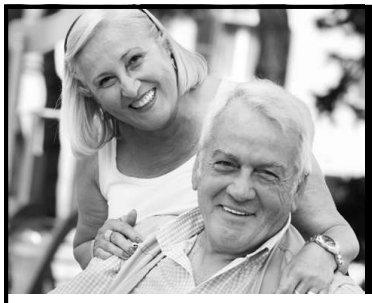


Photo above: Madeira's regional governor Alberto João Jardim talks to friends while walking on Porto Santo island beach on Sunday. (Photo: Lusa / Homem Gouviea)



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Portugal backs EU mediation efforts in Georgia

Portugal has expressed its backing for the French European Union presidency's diplomatic efforts to get a cease-fire in place in Georgia, saying it could provide "symbolic" participation in any future EU presence on the ground.

Detained Georgians bury the coffins on Monday of Georgian soldiers killed during the fights in Tskhinvali, the capital of South Ossetia, Georgia. (Photo: EPA / Maxim Shipenkov)

"What is important is that the cease-fire be sustainable, that humanitarian aid be mobilised and reach the people, and, long-term, that everything be done to assure balances that guarantee peace and stability" in Georgia, Foreign Minister Luís Amado said on the sidelines of a meeting of EU counterparts in Brussels.

Minister Amado said French President Nicolas Sarkozy's round of contacts in Moscow and Tbilisi Tuesday had assured "strong orientation" and a "leading role" for the EU in resolving the conflict pitting Georgia against Russia and separatist Ossetian forces.

"We see no need to involve ourselves in a theatre that is very strange to us, but we are ready to have a symbolic participation" in a future EU mission in Georgia, Amado told journalists.

TPN/Lusa

Portugal maintains Maputo budget support due to "progress in combating corruption"

Portugal said this week that it will not trim its direct budget aid to Mozambique following recent decisions by two Scandinavian donors to either not increase or reduce their annual contributions to Maputo.

Portugal's Ambassador in Maputo, José de Freitas Ferraz, told Lusa that Portugal will maintain its direct budget support to Mozambique for 2009 at 1.5 million euros, the same amount as this year, as "there has been progress in the Fight against corruption."

"We share the opinion of a large majority of donors who consider there has been progress in fighting corruption," added Portugal's envoy to Maputo.

Ferraz said a number of measures have been implemented by Maputo to make its state accounts more transparent and accountable, in particular an electronic payment system, involving direct bank transfers, making any siphoning of funds "very difficult."

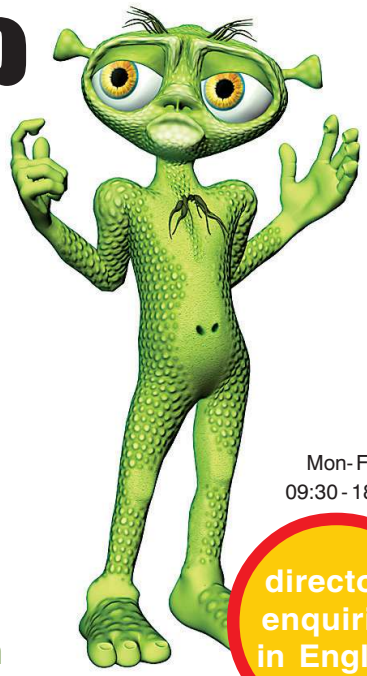
He also noted that Austria, Germany, Ireland and Spain, unlike Portugal, have "justly announced they will increase their budget support in 2009" to Mozambique.

Norway's Maputo Embassy said at the weekend that Oslo has decided to freeze its yearly contribution to Mozambique's national budget at 20 million euros, instead of raising it to 22.6 million euros as earlier planned.

Sweden said in July it would reduce its budget support to Maputo in real terms "due to lack of serious progress in fighting corruption" by the Maputo Government.

TPN/Lusa

Lost in a foreign land?



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Healthcare without borders

Not long ago, a Luxembourg man bought a pair of spectacles in Arlon, a city in neighbouring Belgium. His health insurance company in Luxembourg refused to pay for the glasses, saying he should have sought its approval prior to the purchase. The man took the case to the European court of justice and won.

The case is one of several on cross-border care to come before the court in recent years. Others involved treatment either unavailable in the home country or not available fast enough. The court has consistently ruled that patients be reimbursed.

The cases show that beyond the court, considerable uncertainty still surrounds the subject of cross-border care. And so in July, the European Commission unveiled a proposal that clarifies patient rights.

Under the proposal, people would be able to claim up to the amount that their public health insurance would fund for the same treatment at home. They would not need their doctor's approval for non-hospital procedures, but they might still need authorisation for hospital treatment abroad.

Currently only a small fraction of Europeans seek treatment abroad, with just one percent of national health budgets spent on cross-border care. According to an EU survey, some 30 percent of Europeans don't know they are covered for treatment throughout the EU.

The proposed rules for covering medical expenses abroad are just part of the package, which must be approved by the European Parliament and EU Governments to take effect. The package also aims to: improve information about medical services available throughout the EU; ensure that cross-border patients get good standards of care; guarantee that prescriptions are recognised across borders; create EU-wide networks of healthcare providers, giving patients more access to highly specialised care and enabling countries to pool resources; enable patients to seek redress for harm from healthcare abroad and ensure the timely transfer of vital information, like blood groups, known allergies and medical conditions.

For emergency care while abroad, the European health insurance card is indispensable. One in three Europeans now carries the free card in case they get sick or are hurt while travelling.

Portuguese purchasing less protection

On average, the nation is buying 10,000 less condoms per month than four years ago, statistics that are worrying health and awareness organisations.

It has been described as a "scary" tendency in a country that has the second highest AIDS rating in Europe.

Associations and organisations dedicated to preventing the epidemic spreading, have said they are "worried, but not surprised" at this news, mainly due to the dwindling and now almost non-existence of awareness-raising campaigns, as well as their ineffectiveness.

"Campaigns aren't working. Word is that AIDS is on the fall, but every week new cases of infections are brought to our attention. Amongst heterosexuals the disease is spreading like wildfire, at a worrying rate", said Filomena Frazão, head of the Portuguese AIDS Foundation.

By the end of 2007, in Portugal there were 32,491 diagnosed cases of infection, 2,125 more than in December 2006.

And despite the National Coordinator for HIV/AIDS Infection warning that "the evolution of the epidemic is not yet stabilized", representatives are concerned that the Portuguese seem "indifferent" to the risks associated to unprotected sex.

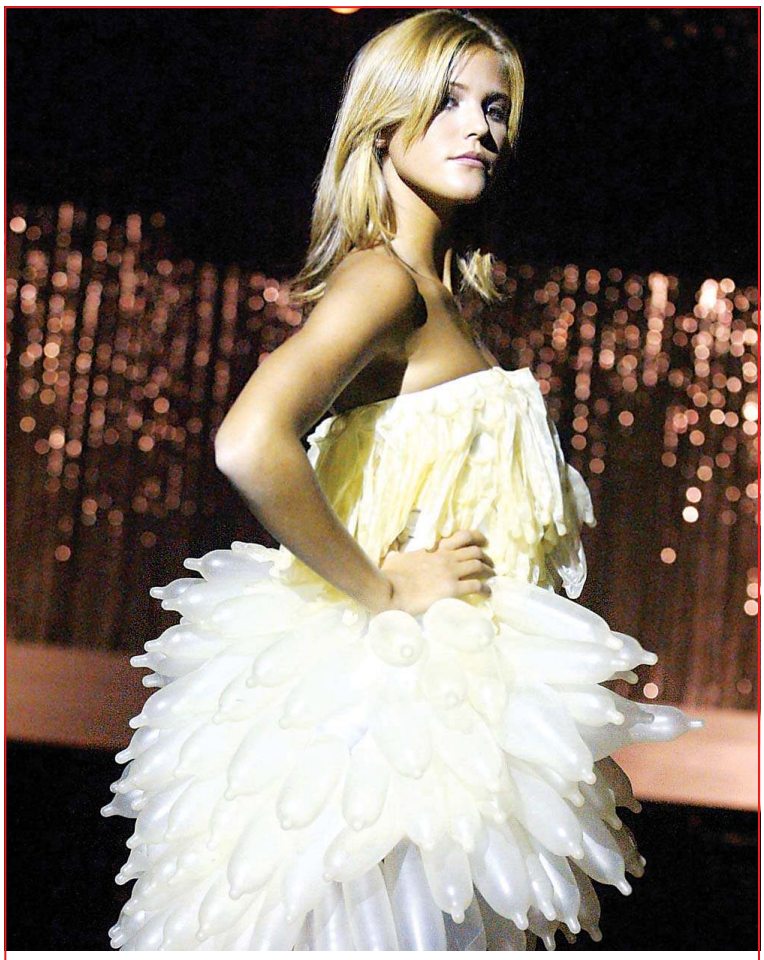
Condom sales have consistently dropped since 2004, a year in which 853,992 packages were sold, 116,207 more than in 2007, confirmed the IMS Health consultancy agency.

On average 71,000 packages of condoms were made available for sale each month, but in 2007 monthly sales did not surpass 61,000 packages.

The first semester of 2008 has further confirmed this slide, with an average 56,000 packets being sold each month, 5,000 less than in 2007.

According to recent reports, an estimated half of all Portuguese women admit to having had unprotected intercourse, revealed by a survey carried out by the National Health Service, the results of which were released last year.

During the first six months of 2008, 2.3 million condoms were distributed free of charge in Portugal, a number still considered insufficient to stabilise the epidemic.



Model Susana Ramos poses in a dress created by Augustus and made from condoms during a fashion show at the National Congress against AIDS in 2004. (Photo: Lusa / Paulo Novais)

Mother of three has septuplets

An Egyptian mother of three girls who underwent fertility treatment in search of an elusive boy, has given birth to septuplets.

Following the birth of only the second set of septuplets to survive, Ghazala Khamis, 27, has complained that her impoverished family, which now numbers 12, is unable to cope.

After taking fertility drugs in the hope that her fourth child would be a boy, she gave birth to another three girls, but now also has four boys.

The seven were born by Caesarean section after doctors decided the pregnancy should end after eight months.

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Immigrants marrying to obtain Portuguese nationality?

An article published in a demographic studies magazine has stressed concerns that in Portugal "weddings could be being used as a bridge to obtain nationality".

This was concluded as in four years, the number of marriages in Portugal where at least one of the partners is foreign has risen by 107.8 per cent.

Results also showed that Brazilian immigrants essentially marry Portuguese citizens.

Magazine 'Revista de Estudos Demograficos', which published the findings, also revealed that there are an equally large number of Ukrainians wedding Portuguese citizens, whereas Africans tend to marrying "within their own ethnic group".

Figures-wise, 78.3 per cent of women and 59 per cent of men born in Brazil and wed in Portugal in 2005 married a Portuguese partner, as did only 10.8 per cent of women born in Guinea-Bissau, who in 81 per cent of cases opted for a spouse of their own race.

According to Ana Cristina Ferreira and Madalena Ramos, both teachers at Lisbon's Advanced Institute for Work and Business Sciences, in 2001 a total of 2,063 weddings took place in which at least one of a couple was foreign.

In 2005 that number rose to almost 4,300.

Mixed-nationality marriages represent 8.9 per cent of all weddings celebrated in Portugal, which is not surprising as the number of immigrants legalizing their situation in Portugal also continues to grow at a steady rate.

The teachers closely analyzed around 3000 marriages that took place in 2005 involving citizens of Angolan, Cape Verdean, Brazilian and Ukrainian nationalities, as well as from Guinea-Bissau.

They further concluded that for Brazilian and Ukrainian citizens, "marriage could work as a way of getting Portuguese nationality, which, in turn, can constitute a way to enter the Schengen space".

On average immigrants marry in their 30's; woman at an average 30.7 years of age, and men 34.2 years of age, which is later than the Portuguese overall averages.

Australian town places ad for 'Ugly Sheilas'

With men said to outnumber their female companions five to one in the Australian town of Mount Isa, the council has called on less beautiful women to redress the balance.

Mayor John Moloney, in his appeal, said "Often those who are beauty-disadvantaged are unhappy with their lot".

In his bid to have women flood the town, he adds: "Some need to proceed to Mount Isa where happiness awaits. Quite often you will see walking down the street a lass who is not so attractive with a wide smile on her face."

He continued: "Some, in other places in Australia, need to proceed to Mount Isa, where happiness awaits. And, really, beauty is only skin deep. Isn't there a fairy tale about an ugly duckling that evolves into a beautiful swan?"

A builder, Paul Woodlands, 25, from Mount Isa told reporters earlier this week: "Blokes are not as picky here. You take what you can get."

Rough estimates point to a female population of around five thousand in Mount Isa where the total number of residents sits at around 25,000.

Despite an outcry by several women in the town, the Mayor has so far stood by his comments.

Golfing great Greg Norman and former tennis world number one Patrick Rafter were both born in the town.

Late pregnancies rising in Portugal

Having children later on in life is a trend that seems to be ever rising in Portugal, which, even with significant advances in medicine, continues to be a high-risk lifestyle option.

According to the National Statistic Institute (INE), the number of women choosing to start a family in their late thirties and even early forties continues to rise.

In one decade, the number of women over 40 giving birth rose by over 50 per cent.

In 1997, the number of babies born to women of that age was of 2,046; in 2007 the figure grew to 3,083.

The majority of specialists discourage women of more mature ages from embarking on later pregnancies, due to increasing likelihood of complications for both mother and child as well as a higher risk of defects in the baby, but it is apparently advice that falls on deaf ears.

Results of North American studies have shown that of every 100,000 births in which the mother is aged between 30 and 34, 49 babies are born with Downs Syndrome. This number doubles in mothers that are aged between 35 and 39.

Other high risk factors included in late pregnancies are gestational diabetes, or hypertension, as well as post-birth recuperation which can be harder and take longer.

Portuguese like it hot

Clinical research has shown that the Portuguese tend to have more sex during the hotter summer months, based on sales of contraceptives such as condoms and the morning-after-pill, which reached an all time high in August, whilst in colder winter months they prefer to procreate.

It is thought that lazy holidays, 'no-strings' encounters and the heat of summer boost libidos and subsequently the nation's sexual activity.

Doctors have also confirmed that men suffering erectile dysfunctions are more likely to be able to 'perform' when the sun is shining.

According to Vitor Vaz Santos, head of Lisbon's São Jose Hospital's urology department, "There is no physiological reason as to why people's sexual appetite is healthier in summer, but if people are on holiday, with less stress and more time to communicate, it is natural that they will have more sexual intercourse".

In purely physiological terms, in the case of men, hormones vary more throughout the day, and testosterone peaks in the morning. In the case of women, their hormones vary throughout the month and their sexual inclination is greater between the 14th and 18th days of the cycle, when the body is at its most fertile.

"Whilst men are like simple machines that work by pressing an 'on' switch, a woman is like a very complicated amplifier, with many buttons that need to be connected. The man, as long as he is physically well, is always ready and willing. The woman isn't", explains Vaz Santos.

But, contrary to animals, human sexuality is, reportedly, based on more varied factors that contribute to the frequency with which they have sexual relations.

It is a fact that during August 2007, 77,000 boxes of condoms were sold, 15,000 more than any other month during the year.

Morning-after-pill sales also soar in August, which is traditionally the 'holiday month' for most Portuguese. Last year in August some 23,000 packages of morning-after-pills were sold, four thousand more than other monthly averages.

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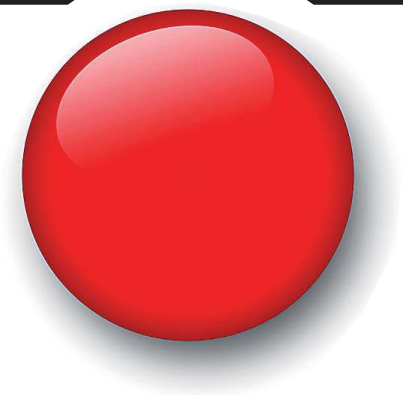

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Ronaldo to build luxury development in Porto Santo

The property development consortium of which Portuguese football star Cristiano Ronaldo is a member, will submit a proposal to Porto Santo City Hall, applying for a development plan that will permit the construction of a luxury hotel development on that island.

Porto Santo mayor, Roberto Silva, guaranteed that the group, Plaza Prestige, of which Ronaldo is a part, intended to explore the luxury development market, and has already purchased plots of land and "continues to buy" in the Calheta area.

Regarding the consortium's intents, the Mayor said, "all information and approaches made to the City Hall indicate confirmation of what has been said".

Roberto Silva explained there was a "legislative gap in relation to that area as the Coastal Urbanization Plans had not been approved and the Municipal Directory Plan does not cover that part of the territory".

To "quickly" solve this issue, a new Urbanization Plan was launched last month and will be implemented by the consortium of which Cristiano Ronaldo is an investor.

"Now the ball is in the investors' court. We gave them terms of reference, now they will give the City Hall a proposal and respective payment, as requested by law", said Roberto Silva, who also had said before being approached by the consortium, that building a hotel in that area "did not make sense".

The new Urbanization Plan should be complete by the end of October, beginning of November this year.

This recent development is one of four luxury hotels to take shape on Porto Santo, the aim being to create 7,500 beds over a 10-15 year period and make the island a national and international tourist destination.

At present the island has an accommodation availability of around three thousand beds.

Mayor of Porto Santo, Roberto Silva on 18 August 2008. (Photo: Lusa / Homem de Gouveia)

Portugal has biggest gap between rich and poor

This week, after weekly newspaper *Expresso* revealed the number of social income beneficiaries has risen by 437 per cent in just four years, the Ministry for Labour and Social Support explained that in 2004 there were two co-existing support systems, one for Social Reinsertion Income, the other for Guaranteed Minimum Income, for which figures from both totalled 330,000 beneficiaries that year.

Portugal still remains the European country with lowest social transferrals, such as direct financial support.

According to the Government, the significant increase is due to the co-existence of the two systems.

According to data released by the Ministry and published by *Expresso*, over the past ten years poverty in Portugal has diminished and the less affluents' income has risen.

However, Portugal is still the country with most significant differences between rich and poor in the EU. The same statistics show that 334,000 people live off and social income. In Oporto alone and at the end of June 2008, 251,958 families lived on benefits, representing a total of 637,954 people, an increase of 54,180.

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PT announces new call centre, 1,200 jobs created

A new Portugal Telecom (PT) client service centre in Santo Tirso will create 1,200 new jobs and intends to offer long-term contracts to its new recruits.

Prime Minister José Sócrates makes a speech on Monday during the presentation ceremony of a PT call centre in Santo Tirso which will employ 1,200 people. (Photo: Lusa / Estela Silva)

PT is now to launch a public tender to select service-offering companies that will operate from the centre, under a protocol signed with the Employment Institute and which will define worker recruitment methods, giving preferenceto companies offering long-term contracts.

Candidates with their 12th year schooling complete will be given priority, therefore ensuring the contracting of qualified labour.

The first step towards the new centre was taken this week, with the signing of two protocols, one between PT and Santo Tirso's City Hall, the second between PT and the Employment Institute, both witnessed by Prime Minister José Sócrates.

Under the agreement that was signed the City Hall will conceded plots of lands for the centre to be built on, which should cover a total area of 3,700 square metres.

Its services will include client attending, technical enquires, Internet services like PT's Sapo ADSL broad-band, TMN mobile services, and other PT products.

Portuguese billionaires getting 'poorer'

According to Exame's annual rankings of the 100 richest Portuguese, their fortunes are losing value due to the current economic crisis. The top spot has changed as Belmiro de Azevedo was overtaken by Américo Amorim.

Américo Amorim owns the largest fortune in Portugal with a modest €3.1 billion empire to his name, 11.6% more than last year. The ousting of Belmiro de Azevedo from the top of the Portuguese ranking was announced by Forbes magazine a few months ago and confirmed by Exame in their special edition listing the 100 richest Portuguese.

Each person's wealth is based on several evaluations and estimates related to their respective companies. Their accrued amount took into account stock market share values (share prices of June 18th), plus the 'conservative evaluation' of their private assets, registering them slightly lower than their actual market value.

Américo Amorim, owner of Amorim Cork factory, has many shares in Galp Energia, Banco Popular, Banco Internacional de Crédito and Cimangola cement.

On the other hand, Belmiro de Azevedo, owner of Continente hypermarkets, Modelo, Optimus and other companies in Sonae group, saw his assete almost halve (less 42.4%) to €1.7 billion as his shares plummeted this year. He was not the only millionaire with a dented bank account as the total value of the top 100 millionaires was 6% lower than in 2007, adding up to €32 billion, the equivalent of 19.68% of Portugal's Gross Domestic Product.

Also among the top 10 are José Manuel de Mello (3rd with €1.2 billion), Joe Berardo (€882 million), João Pereira Coutinho (€815 million), couple Colonel Luís Silva and Maria Perpétua Bordallo da Silva (€757 million). The richest woman is placed 7th, Maria do Carmo Moniz Galvão Espírito Santo Silva (€754 million).

Euro inflation at 4 percent

Euro area annual inflation was 4.0% in July 2008, unchanged compared with June. A year earlier the rate was 1.8%. Monthly inflation was -0.2% in July 2008.

EU annual inflation was 4.4% in July 2008, up from 4.3% in June. A year earlier the rate was 2.0%. Monthly inflation was -0.1% in July 2008. These figures come from Eurostat.

In July 2008, the lowest annual rates were observed in the Netherlands (3.0%), Portugal (3.1%) and Germany (3.5%), and the highest in Latvia (16.5%), Bulgaria (14.4%) and Lithuania (12.4%).

Compared with June 2008, annual inflation rose in fifteen Member States, remained stable in five and fell in seven. The lowest 12-month averages up to July 2008 were registered in the Netherlands (1.8%), the United Kingdom (2.6%) and Portugal (2.7%), and the highest in Latvia (15.1%), Bulgaria (12.3%) and Estonia (10.1%).

Tips to be declared

A 'good practice' guide for the restaurant and catering sector has been released and in it are explanations of how businesses should be run, such as the fact tips will have to be included in annual tax returns and subject to 10 per cent levy.

Less familiar information, like differences in IVA on certain foods (for example, there is 20 per cent IVA charged on cakes and 12 per cent on sandwiches) is also included in the guide.

The 'Guide for Proper Fiscal Practice in the Catering Sector' has been put together by the General Tax Office (DGCI) in conjunction with the Association for Catering and Similar Industries in Portugal (ARESP).

It aims to prevent "eventual involuntary non-compliance with fiscal rules through not being familiar with the laws in a sector of activity that is characterized by lots of small family businesses with difficulties in referring to consultants to resolve their problems", said newspaper *Diário Económico*.

Euro external trade deficit at €100m

The first estimate for the euro area trade balance with the rest of the world in June 2008 gave a €0.1 billion deficit, compared with +7.5 bn in June 2007.

The May 2008 balance was -3.9 bn, compared with +1.2 bn in May 2007. In June 2008 compared with May 2008, seasonally adjusted exports rose by 1.4% and imports by 2.9%. This data was released by Eurostat.

Building halved since 2000

The number of homes being built from scratch has fallen by fifty per cent since the year 2000, revealed Portugal's Construction Federation, Fepicop.

"With a reduction of 7.7 per cent during the trimester ending in August, the availability of housing is still being affected by the lack of demand, caused by the less favourable conditions that characterize the current market: high interest rates, credit restrictions imposed by banks and financial difficulties experienced by families", the Fepicop report said.

Data from the National Statistic Institute (INE) relating to the completion of new dwellings also confirmed that during the first three months of 2008 8,600 constructions should have been completed, 18 per cent less than the same period of the previous year.

After 2008 was announced by the sector as being the year in which a 'seven year crisis cycle' would be reverted, developers are now increasingly less optimistic.

Greenpeace ship in Lisbon

After a three month expedition in the Mediterranean, Greenpeace's Arctic Sunrise arrived at Lisbon's Alcântara docks on Thursday. The mission consisted of detecting illegal fishing boats, carrying out scientific studies of the sea bed and seeing whether creating protected sea areas is viable or not.

The Arctic Sunrise, an icebreaker built in 1975 but only in use by Greenpeace since 1995, will leave Alcântara docks today, but not without leaving a message.

The ship was part of the 'Defend the Mediterranean' campaign, exposing destructive activities and documenting the marine areas that need most protection. In Portugal it also revealed its fish market campaign.

Greenpeace has warned that the Mediterranean is threatened by over-fishing, destructive fishing, pollution and the growing development of coastal areas.

The ship, inbound from Cádiz, took two days to reach Lisbon to propose solutions for the conservation of marine resources.

Gang fighting sees another Loures killing

The Quinta do Mocho neighbourhood in Loures was involved in conflict once again as a youth was killed in his own home and five others were injured in a gun battle last Sunday.

According to the mother of the victim, the youth had returned from a nightclub when two cars drove past and fired several shots whilst moveing, one of the bullets proving to be fatal for the youth.

In the early hours of Monday morning several gunshots were fired yet again, but, according to the PSP, they were fired into the air to deter other gang members from entering Quinta do Mocho.

During the day after the gunshots several PSP officers, some armed with shotguns, were in the vicinity to maintain peace.

Quinta do Mocho has been closely watched by media and safety forces in the past month as a huge clash between the gypsy and African community, living on the same council estate, broke out and several people were injured.

Destraught, Bemvinda Pereira, takes to her bed, in floods of tears over the death of her son, a victim of gun crime, outside his home in Quinta do Mocho, Loures, on the 17th August. Photo: LUSA/INACIO ROSA LUSA

Kiosks demolished

Two out-of-business kiosks on Liberty Avenue in Lisbon have been dismantled after a favourable court decision. New kiosks with better conditions are planned for the capital city.

According to a document issued by the Councillor for Green Spaces, José Sá Fernandes, Lisbon Council is already planning to build a new set of kiosks that will not occupy as much space and "offer citizens a better quality of life."

The two rundown kiosks of Café Lisboa had been leased by Lisbon Council since 1987 but had been out of business since 2006. Also on Liberty Avenue, Café Grogue, located in a kiosk that has not paid rent to Lisbon Council since 2000, has been notified to vacate the building. The owner has appealed to the courts and is waiting for a verdict. Another kiosk on the same avenue, called Trimar, must also close down when its lease ends, in 2009.

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

	6	2	8			5		
								2
3				1	4			6
		3	5		9			7
		7				8		
5			7		6	4		
4			3	9				8
2								
		8			7	1	5	

Last weeks solution:

1	5	6	7	4	2	8	9	3
8	7	9	5	3	1	2	4	6
4	3	2	8	9	6	7	1	5
3	1	7	4	2	8	5	6	9
6	8	5	9	1	3	4	2	7
9	2	4	6	5	7	3	8	1
7	4	8	1	6	5	9	3	2
5	6	3	2	8	9	1	7	4
2	9	1	3	7	4	6	5	8

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

This week's crossword is on page. 65

Lisbon square becomes fountain

Three vehicles were damaged last week at Areeiro Residencial, in Francisco Sá Carneiro Square, Lisbon, when a burst water mains pipe lifted the ground and covered the road surface with a mixture of cobblestones, sand and mud.

The burst pipe lifted several 'calçada' cobblestones and flung debris all over the road surface, moving and slightly tilting three vehicles that were parked in the vicinity.

Members of the Fonte dos Sapadores Fire Brigade removed the vehicles with a crane as the ground was fragile and very uneven and they believed it to be too dangerous to drive them away.

The incident occurred last Thursday at around 07h00 at Areeiro Roundabout and the situation was resolved within an hour by EPAL (Lisbon's Water Treatment Company).

Left Bloc contests Israeli Embassy traffic restrictions

Members of the BE (Bloco da Esquerda) left wing political party have contested the barriers placed around the Israeli Embassy building, which restrict traffic circulation, describing them as "unacceptable" and "incomprehensible".

The party organized a march to the Embassy, located on Rua António Enes, to "draw attention to a situation that is unacceptable for the city of Lisbon".

"We respect the reasons for security that may lead the Embassy to install these measures, but it cannot be done if free traffic circulation in public areas is compromised", said Heitor de Sousa, BE's parliament bench leader.

"This is a public road and citizens aren't free to circulate. It is unacceptable and incomprehensible," he concluded, further expressing his perplexity at how the City Hall could approve the situation, when "most political groups are against the barriers".

Local business owners further allege they are losing custom because of the road restrictions.

The barriers have been installed in front of the Embassy for approximately four months, but, according to the head of the BE party, the project was approved in 2006.

Lisbon PSP arrest suspected postbox thieves

Five men, suspected of robbing cheques from postboxes up to an estimated value of €100,000, were arrested by PSP officers on Monday.

The arrests were made after five house searches were carried out at Quinta do Mocho, following an investigation carried out since March.

The suspects stole letters containing cheques from postboxes and deposited them in 'ghost' companies after forging the signatures of the recipients.

During the house searches, police found stolen cheques, a computer used to create stamps for the fake companies, a stolen car and another bought from the ill-gotten gains.

ENGLISH DENTAL SURGEON
Dr. Francis Haley
B.D.S.
(Guy's Hospital, University of London)

Av. 25 Abril, 184 – 1°C 2750 – 511 Cascais
Tel : 21 486 3012
http://clinic.cdhaley.pt

Zé's bike is a converted children's quadracycle with extra gears towing a trailer with his luggage.

Cycling For Charity

A Brazilian who has spent most of his 50 years cycling for charity is travelling through the Algarve on his two-year journey from Paris to Johannesburg. Known internationally as 'Zé Do Pedal' José de Souza Castro, does not collect money but aims to arouse awareness of the dangers of children contracting diseases of the eye such as glaucoma or cataracts. Zé cycles on behalf of the Brazilian Lions' campaign 'First Sight' which has been nominated for a Nobel Prize.

"I depend on local contacts throughout my journey to arrange meetings, radio and television interviews, to let people know the dangers of eye diseases that children face in many countries" Zé told our reporter. "I became involved in this type of campaign through cycling from Brazil to Spain to watch the World Cup many years ago. After seeing women and children in Ethiopia walking 20 miles to get water, I used my next world trip to raise awareness of such water shortages, and people responded by providing money for artesian wells.

"One of my trips took me to Japan where I became very well known, and was invited to meet the Brazilian Ambassador. But in Brazil, they think I am crazy. My most exciting trip was crossing Rio de Janeiro bay on a pedal boat I'd made from plastic bottles. I was followed by a fireboat with the crew shouting to me that I was about to be blown out to sea, but I had studied the winds and I got safely to the other side."

For more information go to www.zedopedal2010.blogspot.com

Every picture tells a story

An exhibition in memory of one of the greatest artists of all time, Picasso, will be inaugurated this weekend in Portimão, in the Council's new 1,400 square metre gallery at the Portimão Exhibition Centre.

'Olhar Picasso' will be the first exhibition in the Algarve dedicated to Picasso. It will be divided into three areas: one with paintings, ceramics, lithographs and original paintings by the Spanish artist; another one called 'Lee Miller & Picasso' with Lee Miller's photographs, wife of Sir Roland Penrose, Picasso's most important biographer; and 'Picasso and Portuguese art of the 20th Century' which will have over 100 pieces by many Portuguese artists influenced by Picasso's art throughout the last century.

The exhibition will comprise three distinct periods: up to the 50's, from 50's to 80's and from 80's to the present day.

Picasso was the most productive artist of his time and his genius in modern art shone in several areas such as drawing, engraving, sculpting, ceramic and painting.

'Olhar Picasso' will be open until 19th October, entry costs €5.00 and it is open from 15h00 to 23h00 until September 14th and from 10h00 to 18h00 until October 19th.

Painting by Jorge de Oliveira

Charity Bookshop in Estoi

For some years now a group of interested people having been running a "children's bazaar in Estoi. Under a new group of volunteers, the shop has been reopened to concentrate on selling used books in a whole range of languages. There are already over 4,000 books in German, Dutch English and Portuguese, with other languages for good measure.

The shop welcomes both book donors and book buyers and is located in the street that joins the square in front of the church and the entrance to the old palace. The palace is due to reopen soon as a Pousada, which will hopefully bring more trade their way.

At this stage the shop will support the work of ACCA (supporting under-privileged children in the Algarve) by donating their income to projects identified by ACCA.

If anyone has books to donate, or wants more information, contact Brian Pereira on 919413339.

Opening hours are 10am to 5pm Weds, Thurs and Fri and 10am to 2pm Sat.

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Vale do Lobo Summer Party a huge success

Bjorn Again and DJ Ravin created a storm at the Vale do Lobo Summer Party, Saturday 16th August

Algarve resort Vale do Lobo held a glamorous Summer Party last Saturday, 16th August in celebration of its recently unveiled corporate identity. Beautiful decoration, delicious canapés and a super line up of entertainment by famous musical and other acts prevailed at what has become one of the most anticipated events of the Algarve Summer.

Over 1,300 property owners and special guests of the resort attended the event. Amongst the crowd a number of famous faces mingled, particularly dignitaries from the worlds of arts and politics. Among these were Nuno Santos; Programme Director for national channel SIC, António Oliveira; ex-trainer for the national football team, Jamila Madeira; Deputy Member of the European Parliament, Ronald Koeman; popular Dutch football trainer and Judith Chalmers; renowned British television presenter.

Medieval fun takes Silves back in time

Last week the streets of Silves, which is well known for its historical Moorish architecture and stunning castle, were invaded by the sights, sounds and smells of the Middle Ages; a full-on medieval open-air affair in which thousands of visitors participated, costumes, horses, and all.

Plenty of street parades to keep the visitors entertained.

Maria & President Cavaco Silva with Isabel Soares the President of Silves Câmara . (Photos: Jon Wilson)

Dozens of little stalls that would have been selling market-produce in the Middle Ages, took over the cobble stone streets, merchants dressed head-to-toe in traditional clothes of the period.

Forest berry sangria and grilled meats served in rustic roof tiles were just two delicacies available from the many food vendors, to be enjoyed whilst sitting on bales of hay at long, solid wood tables.

Celebrating was a community affair back in those days; the entire city gathering to contribute and enjoy offerings. Today, as the medieval festival attracts visitors from near and far, that community spirit is relived. Kings, princesses, paupers, knights and other Middle Age characters sat around chatting together, enjoying their food and drink and generally being merry as horses clip-clopped by.

Acrobats and mounted jousters brought medieval entertainment back to the present, the hoards of daily visitors being encouraged to really partake by dressing up in free-for-all costumes.

Thanks to the pleasant weather experienced the past few weeks, an evening at Silves' Medieval Festival was even more magical, balmy warmth and fairy lights making it a unique experience, one everyone will surely look forward to enjoying again next year.

Micro-algae production farm in Olhão

Necton, a company dedicated mostly to salt extraction, is part of a select few companies in the world that produce micro-algae for pioneering experiments, such as using it for Norwegian Cod farming. The company is based in the Formosa Estuary.

"When we started the production (of micro-algae), in 2001, there were only two companies worldwide doing it, in the USA and Japan" said João Navalho, the man who created the company that uses micro-algae technology, but that relies mostly on salt extraction. He confesses that the salt industry brings in most of the revenue (90%) but it is in the micro-algae department that the company has evolved the most, technologically speaking.

The company produces 3,500 litres of micro-algae a year, 70% of which is exported to fish nurseries and oceanariums in Spain, France, Italy and Turkey. It has just started to export to Norway where they are making successful experiments in farming cod.

One of the company's ambitions is to produce a new type of micro-algae that can feed fish after 22 days of life as the current micro-algae, Dunaliella, only feeds fish from their larvae phase until 22 days old.

Necton has even more plans for micro-algae, such as the production of micro-algae to absorb carbon dioxide, responsible for global warming, and further use of its oils to produce bio-diesel. Scientists say micro-algae is the future for bio-diesel as it has zero emissions and can be farmed in great quantities.

'Ghost house' fully occupied

An individual may be sentenced up to five years imprisonment after having conned around one hundred families, heading to the Algarve on holiday, into paying rent for a two bed apartment that does not exist. Guilty conscience got the best of him though as he confessed to his own crime.

The man confessed to his crime by texting a message to future tenants apologising for ruining their holidays and warning them not to needlessly travel to the Algarve. He later refused to answer his phone and then switched it off.

Families paid between €60 and €400 as a deposit for the week long rental of the apartment and it is estimated the man gathered over €7,000 from his fraudulent scam.

"If he is accused of simple fraud he might have to spend up to five years in jail. Just as in a robbery, the sentence varies, depending on the amount of money taken from the victims" said a lawyer.

Most of the victims were Portuguese, although some foreigners were also deceived. All payments were made by bank transfer.

Green Tee by the famous Belgian artist Jean Marie Boomputte is part of the exhibition at the Centro Cultural de São Lourenço

'Les Bons Vivants' by Jean Marie Boomputte at the Centro Cultural São Lourenço

The famous Belgian artist exhibits again in Portugal.

The exhibition opening on Saturday 30th August at 7 pm at Centro Cultural São Lourenço, in Almancil, will present a new series of paintings under the title 'Les Bons Vivants'. And 'bons vivants' they are indeed, the figures that can be seen in these paintings: replete, big-bellied in their expensive designer clothes, full of self-satisfaction.

To do homage to the country he visited so many times – it is his 7th exhibition in Portugal – Jean-Marie has given most of his works Portuguese titles, trying to portray habits and customs of this country. And so we find titles like 'A revolta dos pastéis de nata' (The rebellion of the custard pies), the 'Lenço de namorada' (The handkerchief of the bride), 'A cavalo dado não se olha o dente' (Don't look a gift horse in the mouth), etc…

Still, the most impressive and biggest work of the exhibition is 'Sudoku', an overwhelming work not only because of its dimension (2 x 2 m) but also because of its originality. It is composed of 81 (9 x 9) small paintings measuring 20 by 20 cm assembled into a Sudoku with figures. This sensational piece will allow the visitor to test his skills in this kind of game.

The exhibition will be open until October 9th, 2008. Tuesdays / Sundays: 10:00 / 19:00

For any further information please contact: Centro Cultural São Lourenço, Almancil. Tel: 00351 289 395 475 www.centroculturalsaolourenco.com

September concerts

Marc Grauwels on Flute with Yves Storms on Guitar, 6th Sptember and with Joëlle Hanssens-Grauwels on Violin, 10th September

Marc Grauwels, the world famous Belgian flautist, will give two concerts. The first with guitarist Yves Storms will consist of pieces by Giuliani, Mozart, Piazzolla, Villa-Lobos and Ravi Shankar. The second with Jöelle Hanssens-Grauwels will have pieces by Telemann, Emannuel Bach, Drouet, Debussy and others.

Marc's talent and eclecticism as a soloist has inspired some one hundred composers to write specially for him. He taught for 15 years at the Royal Conservatory in Brussels and today he holds a chair as titular professor at the Royal Conservatory of Mons. He participated in the recording of the sound track of Forman's acclaimed film Amadeus. Marc has made more than 40 CDs as a soloist. More information about this famous musician can be found on his website (www.marcgrauwels.be).

Internationally acclaimed Belgian guitarist Yves Storms studied under Segovia, Bream, Williams and Brouwer. He has played at the Imperial Court in Tokyo and for Queen Fabiola and has performed all over the world. Several composers have dedicated new works to him. Belgian violinist Jöelle Hanssens has had a remarkably diverse musical career as a concert player and has a passion for Gipsy music. She also teaches children having developed a playful method adapted for three year olds.

Members and guests are asked to be at the Centro Cultural at around 7pm. Concerts start at 7.30pm

For details about these concerts, which will be held at the Centro Cultural São Lourenço, near Almancil, visit www.centroculturalsaolourenco.com (click on Português or English and then click CONCERTS) or call 289 395 475.

Marc Grauwels on Flute

Dr John Piper MB, BS, FRCS

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Algarve petition for regionalisation

Civic movement 'Regions, Yes!' is this week launching a national campaign that aims to achieve 15,000 signatures on a petition to be submitted to Parliament, which favours and indeed asks for regionalisation.

The campaign will be publicly launched in Faro during a press conference in which the head of the movement, deputy Mendes Bota, will reveal the reasons for instigating the petition.

To be discussed in Parliament any petition must be signed by a minimum of 4,000 citizens.

A source close to those driving the movement said that with this document the mentors aimed to pressure the Government into choosing one of two options; the first being to alter the present constitution, so in future public referendums concerning administrative reforms will not be necessary. The second, if a constitutional revision is not possible, to force political parties into taking a stance concerning regionalisation which should be included in their campaigns.

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3rd Annual Backpack Appeal for Schoolchildren in Need

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One essential item for every child is a backpack to carry around all their books both to and from school and from class to class.
Would you be willing to add a backpack to your trolley to enable a child in care to start the term with a smile?
Last year they were available from Continente from 5 Euros upwards. Please choose large enough for A4 sized books. They should be in the shops from 21st August.

For more information about this appeal please contact David or Celia Mossman on 282 332 665 or email dacemoss@sapo.pt

Please deliver backpacks to Castelo dos Sonhos in Silves or the Hotel Garbe in Armacao de Pera between 21st August and 5th September, 2008.

PICNIC IN THE PARK

in aid of Castelo's 10th Anniversary

Live music
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Bring along all you need for a picnic on September 6th from 6pm in Poço Barreto for only €5
(in aid of Castelo de Sonhos)

For directions, call 282 332 665
Raffle and proceeds of the event will be donated to the Castelo de Sonhos

Picnic in the Park 2008

Once again The Picnic in the Park organisers invite you to enjoy a wonderful evening relaxing in beautiful private gardens whilst dining amongst friends with your own choice of menu.

Bring the family silver and porcelain plates, the damask tablecloth and the butler and maid, or just spread a blanket and savour your sandwiches, the choice is up to you.

For your listening pleasure enjoy the jazz sounds of the 'Graham Cooper Sporting House Four' or Ian and Karen Carfrae in their newly formed 'Class Act.'

Entertainment you can dance to if you wish or just sit back and let the sounds wash over you.

Under a starry sky what more could you possibly want.

The evening is being held to raise money for Castelo de Sonhos so the more the merrier. For only 5 euros a ticket you will have a night to remember and be helping someone somewhere to lead a better life.

The evening will start from 6pm and you will find the picnic garden at Poço Barreto between Algoz and Silves. There will be plenty of signs to help you find your way on the night but for more information and directions ring 282 332 665.

If you've never been for a Picnic in the Park – don't miss this one.

For more information and directions ring Celia or David Mossman on 282 332 665 or email dacemos@sapo.pt

A family Fair for a good cause

The International Algarve Fair is undisputedly synonymous with a fantastic family day out; one that offers lots to do and lots to see, heaps of fun to be had for all ages. Entertainment, food, drink and laughter are constant throughout the diverse weekend event, but there is another side to the Fair, a more serious side that aims to support a good cause.

Since its founding, the Lagoa *Bombeiros* – fire-brigade – have been a permanent fixture at the Fair, their large, shiny red fire truck a familiar sight that also creates an unusual playground for the younger visitors.

And what child doesn't like to play with water?

Not only will there be water and hose pipes to squirt around, but this year there will be fires to put out, rescues to be enacted, ladders to be climbed …

For a €2 donation, children can enjoy as long as they want in the company of the firemen.

Lagoa *Bombeiros* have been a permanent fixture at the Fair

Real-life firemen will be on hand to supervise kiddies, giving them free reign of the truck and the hosepipe, as well as educating them with regards to fires and how to protect the countryside from the devastation they cause.

Lagoa's fire-brigade, like most around the country, relies heavily on volunteers who are generally underpaid and overworked, especially during summer when fires can peak.

They also rely on charitable donations to buy much-needed equipment.

Over previous years the International Algarve Fair has raised significant revenue for Lagoa's *bombeiros*, between whom there is now a special affinity, and this year the Fair hopes to raise even more.

For a €2 donation, children can enjoy as long as they want in the company of the firemen, putting out fires, playing with hosepipes and climbing on the fire truck. This will go straight into helping the brigade purchase more necessary equipment and continue doing their excellent work, which in many cases can be lifesaving.

The firemen will be at the Fair all day on both days, September 20th and 21st, and is a unique opportunity for younger generations to get up-close and personal with the good work that these brave men (and women) do every day.

There will also be the many handicraft stalls to browse round, gardens to admire, dozens of different types of cuisine to be sampled and savoured, from South African to Surinam, drinks to cool visitors down (or warm them up – the weather deciding), nightly entertainment, and much, much more.

Be sure you visit the International Algarve Fair at the Lagoa FATACIL fairgrounds, on September 20th and 21st, from 11h00 – 20h00, both days.

The Algarve Wine Festival

at the International Algarve Fair
11.00 - 20.00
20th / 21st September
Fatacil Fairground ï Lagoa

Lagoa algarve

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Facts re the McCanns

SIR, Most people I know, who live here and are familiar with the area of Praia da Luz, and with the Portuguese people, completely agree with the excellent letter from H.H. Mainprice. The worst enemies that the McCanns have had from the very beginning are themselves. Their behaviour throughout has been astonishing, far from what we are accustomed to see in the tragic event that a child goes missing. Everyone but them is to blame, and their incessant assault of media is far from the always dignified approach of Sarah Paine, in the event of the tragedy of her child's death. Their behaviour has not just hurt them, probably damaged the police investigation, but has also affected innocent people to their detriment.

Everyone would like Madeleine to be found, in good health, but we would appreciate the McCanns ceasing their constant barrage of publicity, which has not helped in any way.

ROSAMUND GALE, By e-mail

Re. The McCanns

SIR, Another reader criticises the McCanns for leaving their children unattended, (Letters 16th Aug.) followed smartly by the usual claim that "I never left my child without a responsible adult within immediate call." Yet another conscientious parent who cannot grasp that the survival of his child owed more to the laws of probability than the supervision he provided over so many years.

I know I am a lone voice on this subject but no one can say for sure that the abduction of Madeleine would not have happened if her parents had stayed at home. Granted, the chance of something untoward happening would have been reduced enormously but many children have been snatched from their beds or wandered out of the house while their parents slept in an adjoining bedroom.

Also, The Portugal News has reported several cases already this year of children drowning with any number of 'responsible adults within immediate call', more sad evidence that far too often, no amount of supervision can prevent a tragedy. So, as I have written before, parents of children who have survived childhood should count themselves lucky and spare a little sympathy and compassion for those to whom Lady Luck was not so kind.

RON LAVERY, By e-mail

Calling Fred

SIR, Shame on you for using only Frederick. Are you Wayne Frederick, Chanelle Frederick, Frederick Nemo, Frederick Brown? Bit of a slippy old Fred, I'd say, who doesn't tell us his name. Name and shame, say the tabloids old Fred reads and the progs he watches.

Are you as certain of your ground as your hysterical letter would have us believe? "Shame on the Portuguese police for their utter incompetence and for the Portuguese people for tolerating their massive desertion of truth in the Madeleine case". So you've just watched a TV documentary reviewing the first year of Madeleine's disappearance. Is that all? And who made this doc.? A Brit channel, most surely. Brit media is a not all that reliable, Fred. They told us Saddam had WMDs.

The Portuguese failed to perform "a proper job in pursuing Madeleine's safe return." What more could they do, Fred, when Brit cadaver and blood dogs gave an 80% result that poor Maddie died in the apartment, identifying Kate's clothes, Maddie's cuddly toy, the apartment sofa near the exit window, the hire car keyring and boot? Birmingham lab only to say this was inconclusive. Brit inspector on the case said he had arrested people for far less.

Can you read any Portuguese or Spanish, Fred? Always a great idea to look at both sides. Take a peek at Gonçalo Amaral's book, the Inspector who left the case after unacceptable harrassment from the McCanns and the Brit media. (I will translate the title - The Truth About the Lie). Amaral is a law graduate with 28 years' experience, in Lisbon and the Algarve, in such cases as these - OK, he wasn't kept that busy as child murders and abductions for whatever reason aren't that common in Portugal. The Algarve has visitors from all countries but the Praia da Luz complex (Brit) nanny stated that only Brit parents handed their kids over to the onsite nursery all day every day, from 9.30 till 5.30. Well, we all have our own interpretation of family holidays. How about your kids, Fred? Nice to hand them over to someone else or no-one at all. Great to play tennis, run on the beach, shove them into bed then go out for dinner. Like the McCanns did.

Amaral's book, published in July, failed to find one single British publishing house to translate and put it on sale. It is available in Spanish, on sale in Spain and S. America. Brazil and other Lusophone countries, obviously. A German and French translation is underway. Shame on British censorship! Never mind, the Yanks don't stand shoulder to shoulder where book sales are concerned and are also working on a translation.

SHELAGH FERREIRA, By e-mail

Pedestrians, spare a thought for drivers

SIR, I thought that perhaps your readers may be able to offer this hapless driver, pedestrian and cyclist some insight as to how to cope with pedestrian 'kamikaze' tactics. These mainly take the form of launching themselves, often children first, into the path of passing vehicular traffic without even glancing at the oncoming situation. This from being obscured by a parked vehicle, which danger is increased by the white 'no parking' bar being no more than one vehicle length before a pedestrian crossing - where even this distance is permitted at a corner kerb.

As the (often excessively frequent) crossings are, in many instances, placed directly on a junction, it is usually necessary to stop your vehicle directly ON the crossing in order to be able to see oncoming traffic. Is there no system of education, either in or out of school, similar to the Green Cross Code? Pedestrians seem to feel aggrieved when an approaching driver cannot stop at the instant they put their foot on the roadway, simply not realising that one needs braking time - a fact often forgotten, or ignored, by 'tail-gating' drivers.

I am more than happy to show courtesy and consideration to my fellow road users, which I often wish could be reciprocal - especially in the case of those drivers who seem to think that cyclists require no clearance, or respect, of any kind and seem to believe that they are virtually stationary, especially when they overtake and then turn right directly in a cyclist's path. Is it really necessary to be in such a rush - perhaps to get to, or into, hospital?

Could this be a significant part of the accident roll call? I look forward to any heartening or explanatory views, perhaps a positive alternative to the onerously protracted theorising, which prompts one to check the sender's name first before NOT reading certain contributions. Otherwise, we hugely enjoy Friday's ever-weightier publication.

GLEN BARHAM, Tavira

Parents on holiday put children in danger

SIR, Two weeks ago I gave my reaction to the fact that newspapers in Portugal in general and in the Algarve in particular are on the case of private pools by publishing true and unfortunately also untrue stories and facts about children and toddlers who have drowned in pools in the Algarve.

However my conclusion was very clear: there is NO PROBLEM with private pools, there is only a problem with the irresponsible parents who - once on holiday - have only one strong wish: that their children and toddlers should be as far as possible out of their sight and that they definitely do not 'disturb' their parents on holiday!

As a professional villa-renter we have, of course, lots of experience with this matter. But all my colleagues have exactly the same experience with their guest families. For that reason in the last week I have received many reactions from colleagues largely confirming our findings.

But - unfortunately - in last week's *The Portugal News* issue we read about another drama that is very similar to the pool story. Indeed, in the Algarve a third child fell from their holiday apartment's **balcony** and this was already the 6th registered case in Portugal this year ...while in 2007, 13 children were victims of this sort of accident. Once again we have to put the question: Where were the parents when these accidents happened? What were the parents doing? And did they have their youngsters in sight and under control?

It is hard to believe, but another new 'game' occurred recently. At Brussels Airport: due to the many delays and waiting times, children play all sorts of games in the airport terminal: running around, visiting the shops, collecting brochures, etc. but the newest one is: playing on the escalators and on the moving 'floors'. In the last month alone three children had their fingers trapped in the mechanism causing dramatic consequences. In the same month a similar incident took place in the largest Brussels shopping centre too. In all the cases alert security people were quickly on the spot and could free the children and in 3 of the 4 cases the amputated fingers were found and sent to the hospital where surgeons were able to reattach the fingers.

Once again **parents failed to watch their children.** Children are not 'half-adults' so it's not reasonable for parents to think that their children think and act as adults: they don't! Parents should be aware that children are very quickly bored and as such they always look for new 'games and toys'. It's the parents responsibility to watch their children constantly especially when they are in 'unusual or new places'. If parents fail to do this these kinds of accidents happen and in all these cases the parents were only a few metres away! Please parents, change your behaviour now, for the sake of your children!

GUIDO, Carvoeiro

Worldview - 16th Aug.

SIR, I have for many weeks and months read with increasing incredulity and mounting scorn Gwynne Dyer's supposedly ' expert 'commentaries on his perception of world events. His incessant anti - American rhetoric and total lack of an appreciation of the geopolitical imperatives and real politick necessities leads one to question his credentials.

This time he has compounded his lack of impartiality with blatant errors and a heightened level of myopia. Where has he been hiding? The whole world knows that despite Russian assurances to the contrary they have indeed, and still are, violating the borders of a sovereign state; Georgia. Naturally, he blames America for encouraging Saakashvili to pursue the settlement of long standing grievances; a pity he couldn't blame them for Chechnya's attempt at rejection of Russian domination.

To pretend that the cause for the original flash point for this conflict was a carefully orchestrated manoeuvre by Saakashvili flies in the face of all the evidence to the contrary: rather it was the Russians through their surrogates in South Ossetia that manufactured this ' provocation ' when setting off a roadside bomb on the 1st August which injured several Georgian policemen. To suggest that this was a preplanned operation by Georgia whilst at the same time blithely implying that " A large Russian force was on it's way from North Ossetia " was not defies reality and military logistics. Indeed several authorities on Moscow military affairs have already contended that the plan was to intentionally provoke Georgia to thereby provide the excuse for intervention by the Russians.

As regards the 'cease fire' which is apparently being strictly upheld by only one party, it was Condoleeza Rice who had to apply pressure to get Saakashvili to concede.

Mr. Dyer's concluding comment that "apart from a few pipeline routes, the whole Transcaucasus is of little importance to the rest of the world " is naive in the extreme and dangerously dismissive; something he could easily discern by looking at any decent map. After all even Hitler though it was worth invading.

NORMAN T. HALL, Lagos

Telephone/TV Cabo

SIR, A friend of mine, who has her TV online connection and telephone via TV Cabo, moved house at the end of July. On 1st. Aug. they visited her new establishment and left saying that the telephone would be fully functional within 48 hrs.

Last Friday, 8th Aug. we visited their stand at the Carrefour commercial centre explained the problem and were told that they would come and fix it that day, 11th Aug. They did not come.

This episode together with the fact that TV Cabo goes off the air at times does not inspire confidence - you have been warned.

ALAN THOMAS, Paço de Arcos

Portuguese for Beginners 125

Emília Rosendo

THIS LESSON: Regular *-AR* verbs in *Pretérito Imperfeito do Indicativo*

As you know, **verbs** are important words in any sentence. They show the **action** or the **state of being** in the sentence. In **Portuguese** there are basically two types of verb, **regular** verbs and **irregular** verbs.

Using ***FALAR***, to say, let us now look at the formation of the ***Pretérito Imperfeito do Indicativo*** (*Imperfect Tense*) of a regular verb in ***-AR***.

FALAR is the **infinitive** or the name of the verb. It is made up of a **stem**, ***FAL-*** and an **ending**, ***-AR***.

To **conjugate** a **regular verb** in ***-AR*** in ***Pretérito Imperfeito do Indicativo*** we need to know what **endings** are required.

	FAL	AR	
eu	fal	ava	Eu falava
tu	fal	avas	Tu falavas
ele			Ele falava
ela	fal	ava	Ela falava
você			Você falava
nós	fal	ávamos	Nós falávamos
eles			Eles falavam
elas	fal	avam	Elas falavam
vocês			Vocês falavam

Pretérito Imperfeito do Indicativo (*Imperfect Tense*) is used for **telling a story** and also in the sense of '***used to***' (**a repeated/ habitual action** in the past).

① **Put in the *Pretérito Imperfeito do Indicativo* of the verbs in brackets.**

a) Eu _____ ***(almoçar)*** neste restaurante quando _____ ***(andar)*** na universidade.

b) Quando a Primavera _____ ***(começar)*** nós _____ ***(brincar)*** sempre no jardim.

c) Eles _____ ***(acordar)*** sempre muito cedo quando_____ ***(passar)*** férias no parque de campismo.

d) Em criança tu _____ ***(gostar)*** de algum brinquedo em particular?

e) Quando a Ana _____ ***(estudar)*** no liceu, ela _____ ***(chegar)*** quase sempre atrasada às primeiras aulas da manhã porque _____ ***(morar)*** muito longe. Ela _____ ***(apanhar)*** dois autocarros diferentes que, frequentemente, _____ ***(chegar)*** atrasados.

f) Na sua juventude, o Pedro _____ ***(gastar)*** muito dinheiro em discos e vídeos.

Please send your completed exercises, with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at The Portugal News and I will send them back corrected. **The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.**

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More and more people are becoming aware of the way alternative therapies can be used for healing and correcting problems within their bodies. The Bowen Technique is just one of many, but its amazing success is aiding people all over the world, making it one of the fastest growing therapies.

The very gentle Bowen moves are made over specific points around the body. These stimulate the muscles, tendons and facia within the body to start correcting any problems you may have.

Gareth Bullock BTA is running weekly clinics in Vilamoura, Almancil, Santa Barbara de Nexe, Olhão and Tavira. He is also very happy to do a home visit if required. His clients are not only receiving immediate relief from their specific problems during the course of treatments, but are preventing reoccurrence with regular maintenance treatments, keeping their bodies in balance and functioning to their optimum.

Many people suffer from bad backs, necks and shoulders and are using The Bowen Technique with huge success to rectify the problems. Gareth is also treating clients who suffer from migraines, sinus issues and general hay fever and respiratory problems including Asthma. He finds it hugely satisfying to help people who have suffered for years without knowing what they can do to help themselves. He also treats for pelvic tilt or uneven leg length, digestion problems, IBS, repetitive strain injuries and tennis or golfers elbow, to name only a few. The Bowen Technique can also be used to encourage energy and wellbeing in to the body by relaxation and detoxing. To see more look at www.bowenportugal.com or call to discuss your issues.

Says Gareth "I am constantly amazed at how effective this technique is. I can't understand why everyone isn't using it. The body is so responsive to this treatment. The best results I get are with bad backs, neck and shoulder restrictions, but I am also getting great results with leg, knee and foot problems which are being resolved to my client's satisfaction. I was told that Bowen could treat anything and so far I am seeing very positive results".

The Bowen Technique can help your body recover from an injury or accident or operation. It balances the whole body, so can be used to encourage and stimulate the circulation, immune system and energy levels. If your body is physically able to recover, this is the therapy that will make it. Every Body is better with Bowen and Bowen works, so your body can. Try it and see the difference in how you feel. Call Gareth Bullock on: (+351) 912 540 071.

João Nunes Construções

Established in 1989, João Nunes Construções is a family-run business that boasts around 100 homes across the Algarve, built from scratch. Their vast expertises in all things property-construction-related cater for extensions, renovations, building management and construction supervising.

Owned and run by João Nunes, with the help of son-in-law, civil engineer Thierry, and general manager Sr. Martins Snr. (Thierry's father), João Nunes Construções strive to create the best possible relationship with their clients.

All client input is highly valued and nothing is too much to ask for or accommodate.

João Nunes even welcome clients to visit the site at any time, "to see how their property is coming along and if it is to their satisfaction".

"We know we are not just building a house", explained Thierry, "we are building peoples' dreams, so we need to listen to everything they say".

As well as renovations, extensions and upgrades, João Nunes build their own properties from scratch though always leave flexibility to accommodate future owners' wishes.

Working closely with a team of architects and engineers, the company can also design and build homes for those who own a plot but have yet to develop it.

One particularity João Nunes pride themselves on is being constantly aware of the latest construction legislations.

For example, earlier this year new rules were applied to construction in Portugal, aiming to make new-builds more energy efficient and eco-friendly, as a norm.

João Nunes' constructions incorporate high quality materials, based on double wall structures with inbuilt insulation and air circulation facilities, to avoid condensation and humidity, complying with advanced construction methods and surpassing standard requirements.

Budgets are kept transparent and as detailed as possible, with no hidden extras.

For more information or a viewing, call João Nunes Constuções on: (+351) 289 417 867, fax: 289 417 869, mobile: 966 570 158, email: jn.geral@gmail.com, or geral@joao-nunes.com. Alternatively, see website: www.joao-nunes.com.

PC Surgery to the rescue

Computers can be man's best friend… until they break down and turn into a living nightmare. PC Surgery will relieve the pain by repairing and maintaining anything to do with a computer or network.

PC Surgery was started around a year and a half ago by World Telecom headed by Kurt Pardon, a fully qualified MCSE (Microsoft Certified System Engineer), at a time when he decided he could use his knowledge in the business to build up his own 'clinic'.

Specialising in networks, hardware, operating services, virus removal, spyware, data recovery and software configurations, Kurt's team of several technicians with years of hands on experience to fix problems as swiftly as possible. Their aim is not only to fix the problem, but also to help clients understand what has gone wrong and how to avoid further hassles.

To inspire more trust, PC Surgery employs a 'No fix, No fee' policy but so far has not needed to make use of that policy as all problems have a solution and PC Surgery's team always find a way.

A new service the company provides is the remote computer assistance contract where customers pay a monthly fee, between €5 and €35, and the technicians install a programme on your PC to allow them to access it remotely. If any problems occur PC Surgery will access your computer remotely and fix the problem without even touching your computer.

If you like the 'old-fashioned' approach, technicians do house calls all around the Algarve, they can also collect, repair and return or you can just bring the PC into the office for evaluation. On house calls there is a call-out charge, with the first hour's labour included.

Kurt says the most common problems he encounters are viruses and spyware; spyware is a programme that infects your PC and once installed, without the PC owner's knowledge, it sends confidential information to other users and also affects other programmes, such as the anti-virus software causing them not to function properly.

PC Surgery also builds PC's to clients' specifications, configures everything to their liking and can transfer all data from their old computer. Furthermore, the technicians will install English language operating systems.

The one thing that differentiates PC Surgery from other companies is the fact that PC Surgery will do everything for the client, providing a full service. They will build a PC, setup the whole system at your home and leave you with only one thing to do: Switch on your PC!

Accessible prices, know-how and experience are part of the equation that make PC Surgery so appealing, and their Portuguese/English speaking technicians will make you feel comfortable to leave your PC in their hands.

Kurt used to write a column for The Portugal News' 'Computer Chronicles' and helped many people overcome problems they could not solve themselves with a little help. He also heads the new World Telecom broadband project.

PC Surgery is open weekdays from 09h30 to 18h00, the offices are located behind the Health Centre, in Lagoa. For more information please call 707 940 332, visit www.worldtelecom.pt or email: kurt@worldtelecom.pt.

Leave your home with Peace of Mind

Peace of Mind is a family run business that takes care of holiday homes while owners are not in the country. Karl and Jo, couple living in the Algarve for the past four years, will take care of everything, giving clients Peace of Mind.

Covering the Eastern Algarve and Ayamonte and Esuri regions in Southern Spain, Peace of Mind offers holiday homeowners a wide range of services. They will treat the home as if it was their own and will personally do all the work involved with maintaining the property.

The services they provide are home visits, maintenance, pool maintenance (provide own chemicals if wanted) , cleaning and laundry. Home visits are done once a week to check security, maintenance and check the post box. Also, to ensure no mould builds up and to avoid the stagnation of the air, Karl and Jo will air all the rooms of the house during their visit. They can also organise basic maintenance, repairs and keep the gardens maintained on the clients' behalf for an additional cost. They will clean the property inside and out with the cleaning and laundry service, also changing and laundering all bed linen and towels when the house is rented out to guests.

Additional services such as meeting and greeting guests to ensure they settle in, welcome packs consisting of basic food and drinks or other products if guests arrive late, booking golf tee off times and airport transfers can also be arranged.

Put in a nutshell, Peace of Mind will take care of a holiday home while unattended and also help guests feel at home when they arrive.

For people who do not like to leave their homes unattended during long periods of time Peace of Mind is the ideal solution as the property will be monitored without fail and owners will be contacted immediately if anything does occur.

Karl and Jo do not use any agencies and all duties are carried out personally. They are based in the Monte Gordo area. References available if requested. For more information please call Karl or Jo on: 967015960 or 281495836, email: jokarl68 @yahoo.com or visit their website: www. peaceofmindgb.com.

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PROPERTY

A 12 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 23 Aug 2008

PROPERTY OF THE WEEK

Villa Tara, a surprisingly spacious property in Vilamoura

Vilamoura is a highly desirable part of the Algarve and very attractive to real estate investors, hence its ever-continuous development. However, not all properties on the market are of as desirable proportions. Villa Tara offers something that is increasingly rare in that region, lots of space; a large garden, an open plan interior, and plenty of manoeuvrability.

The space that this property offers is exceptional both inside and outside. In essence, Villa Tara is like a mini-mansion.

Built on two adjoining plots (hence the extra-large garden that is of proportions seldom found in Vilamoura), it is a five bedroom villa (a sixth bedroom is used as an additional living room).

Through the main front door we enter the hall way, which, on the left, comprises a full wall of storage space and a guest WC.

Straight ahead is the vast, open plan living/dining room, made up of two separate seating areas, both generously sized, and a dining area.

The seating areas have large wall-to-wall patio-doors, that are crafted in small, Georgian-style wood squares. Rather unusual and quite striking, that open onto the expansive garden. THere is an equally well-proportioned pool which is nine foot deep and pre-installed for heating.

Above the dining area, which is flanked by four columns, is a beautiful glass dome, also visible from the symmetrical open-plan first-floor landing.

Left from the dining area is the kitchen with contemporary integrated 'innox' appliances and sleek black-stone worktops.

It further comprises a breakfast area, an offset utility room that is better described as a second, but smaller kitchen that has direct passage to the single garage, and a back door that opens on to a covered terrace.

Left from the living area is the large and airy master bedroom, which includes a huge walk-in closet, under floor heating and a large en-suite bathroom complete with a raised, inset tub and contemporary ceramics.

Right off the living/dining room are two guest bedrooms and a shared family bathroom. Both have fitted wardrobes.

At the back of the dining area is an open-plan staircase that climbs to the first floor landing, an open square that centres round the beautifully painted-glass dome roof.

To the left and right of the landing are another two bedrooms, both en-suite and both having access to their own, vast terraces, one of which has an in-built barbeque and al fresco dining furniture and can be directly accessed from the landing, the other having its own private exterior staircase.

Also on the first floor is a third lounge, a good size room with its own fireplace.

This property is currently priced at €1.5 million, furniture negotiable.

Soraia

For more information or to book a viewing, contact Soraia Santos at Remax Vilamoura on: (+351) 962 014 793, e-mail: ssantos@remax.pt, or see website: www.remax.pt/ssantos.

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Price: € 625.000

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Ref. V1122
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Tel: 281 370 277
Fax: 281 370 761
belosantospedras@hotmail.com
www.estealgarve.com

Villa - Cabanas de Tavira
High quality 4 bedroom villa on a plot of 209,70m2, under construction with completion foreseen for April 2009, with central heating, air con. solar panels, roof terrace and private swimming pool, nicely situated in Cabanas with its beautiful lagoon and beach, 3,5 km from Tavira.
EA 016 – VCAB – € 435.000

Building Plot – Tavira Hills
Situated approx. 8 kms north of Tavira in the countryside this land with an area of 1.802 m2 has got an approved project for a modern 4 bedroom, 3 bathroom villa (basement, ground and first-floor) having a total area of 282.49 m2 including garage in the basement.
EA 017 – BTH – € 150.000

House – Tavira
Brand new 2 bedroom, 2 bathroom townhouse partly built in the typical style and partly in the modern style with paved back garden and large roof terrace with view of the river prepared for air con. situated in the centre of the charming town of Tavira.
EA 018 – HTAV – € 295.000

House Neighbourhood Tavira
Attractive 2 bedroom terraced house built in 2003 on various levels, to very high standard, w/ A/c front patio, roof terrace & spacious basement divided into games-room w/ storeroom, shower-room & study, 2 mins drive from Tavira, 5 mins drive to various golf-courses, 6 mins to Cabanas beach/lagoon.
EA 019 – HNTAV – € 240.000

Studio apartment – Cabanas
Studio apartment (44 m2) conveniently situated on the ground-floor in a side-road of Cabanas within short walking distance the beautiful lagoon (Ria Formosa), to shops, restaurants, pubs and public transport, 3,5 kms from Tavira
EA 020 – STCAB – € 75.000

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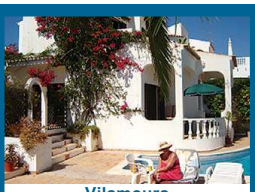
Vilamoura
2 Bedroom 'Fully Furnished' renovated apartment overlooking the communal swimming pool with café / snack bar. This apartment is within 10 minutes walk of the tennis centre or 15 minutes to the marina.

Price: **€ 175,000**

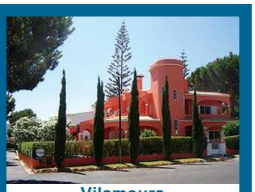
Vilamoura – 'Old Village'
3 Bedroom townhouse located at the Old Village. This house offers a nice lounge/dining room with wood-burning fireplace and has a nice roof terrace with golf and sea views.

Price: **€ 375,000**



Vilamoura
3 Bedroom detached villa w/private sw. pool & large terrace located at the 'Old Village' in Vilamoura. Within a minute's walk of the various bars, restaurants & local supermarket. Access to the marina is easy via the tourist road train that stops nearby.
Price: **€ 515,000**

Vilamoura
3/4 bedroom luxury villas next to the 'Old Course'. The villas are luxurious and offer highest quality finishings and fixtures. Large garage & basement area suitable for further 4th bedroom or games room. The property also has a large communal swimming pool.
Price: **€ 590,000**



Vilamoura
3 Bedroom / 3 Bathroom detached villa with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a large basement suitable for a gym/cinema room or 4th Bedroom.
Price: **€ 640,000**

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Vilamoura
2 bedroom apartment composed of 2 bathrooms, lounge with fireplace, equipped kitchen and terrace. Communal swimming pool and garden area. Tennis court. Construction area - 96 sq.m.

Ref: A1255 Price: € 185,000

Vilamoura
Spacious 2 bedroom apartment (possibility of 4 bed.), 2 bathrooms, lounge with dining area, equipped kitchen, storage and terrace. Parking space in basement and private garden (125 sq.m.). Communal swimming pool and garden area. Construction area - 170 sq.m.
Ref: A1227 Price: € 275,000

Sítio do Vale
Beautiful villa located near Vilamoura, composed of 4 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen & terraces. Barbecue, sw. pool, garden & garage for 3 cars. Furnished & equipped. Plot area: 938 sqm. Constr. area: 300 sqm.
Ref: V12520 Price: € 585,000

Vilamoura
Villa composed of 3 bedrooms + 1, 4 bathrooms, lounge, dining room, kitchen, storage, terraces and garage. Swimming pool and garden. Plot area - 433 sq.m. Construction area - 259 sq.m.

Ref: V12556 Price: € 549,999

Vilamoura
Villa located in a quiet area, composed of 4 bedrooms, 3 bathrooms, lounge w/fireplace, dining room, kitchen, storage, laundry room & terraces. Basement & garage. Sw. pool & garden. Furnished & equipped. Plot area: 1030sqm. Const. area: 270sqm.
Ref: V12511 Price: € 610,000

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Price: € 1.600.000,00

VILAMOURA
Ref. A82214
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Price: € 265.000,00

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Ref. A82240
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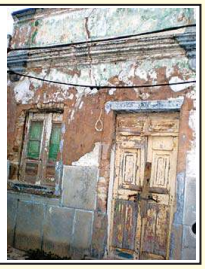

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Don't dodge the showers

Shower power has swept the nation with Britons spending more time in the shower than any other country in Europe, according to a recent survey. We pick out the coolest showers around.

Experiencing the feeling of warm, tropical rain, standing beneath a cascading waterfall or feeling the stinging exhilaration of a ocean-style spray was probably once limited to those who could afford holidays in exotic climes.

Now these are just some of the 'back to nature' effects mimicking natural water flow that we can enjoy in our own bathrooms - under a shower.

Today showers are a far cry from an underpowered trickle in a cramped, damp cubicle.

They're sophisticated pieces of technical wizardry that can also incorporate indulgences from aromatherapy, massage, soothing lights, sound systems or even remote control so that a personal temperature and water flow can be pre-programmed.

So it's small wonder that although we spend our time dodging and complaining about outdoor showers, it seems as a nation we've become hooked on indulging in them indoors.

Recent research by Triton found that around 86% of us have switched from baths to showers, and an Ipsos MORI poll for the Royal Society of Chemistry found that Britons spend more time in the shower than the rest of Europe.

While our Euro counterparts splash around for two to five minutes, in the UK around 15% of us stay in our showers for more than 11 minutes daily.

A further three per cent love the shower so much they're under the water for more than 20 minutes.

Jerri Farris, author of 1001 Ideas For Bathrooms, says: "Today's showers are luxurious affairs with showerheads that can deliver anything from gentle rain to racing waterfalls. Or you have head-to-toe body jets to massage away aches and pains, and steam units which can envelop you in warmth and fragrance."

Farris says there's a huge choice designed for every space and budget.

"It means you can create a shower with a spa-like atmosphere, one that gives you not just a place to refresh and invigorate yourself at the beginning of the day but somewhere to relax and pamper yourself at the end of it."

Banishing that initial chilly start before the shower warms up is now possible thanks to the development of digital technology.

Simon Greenstreet, marketing and sales director at Aqualisa, says this technological innovation is "one of the most exciting things to happen in showers for years".

"Digital showers do away with mechanical mixer valves and because a processor blends water electronically, temperatures and water flow are always consistent.

"At the press of a button settings can be saved - for individual members of the family."

An average shower uses around 60 litres of water every five minutes - and in our environmentally conscious times many showers, including digital ones, have eco settings that minimise water wastage.

There are all sorts of reasons for our preference for showers - including lacking the space for a bath (or the time for a leisurely soak!), believing it's more hygienic to wash in running water, or worries about wasting water.

But just to emphasise that showers are now apparently an essential in our lives, Emirates has introduced the world's first in-flight shower so passengers can enjoy the experience 30,000 feet up in the clouds.

Even if you don't have such lofty bathing ambitions it's worth diving into the new world of showering.

But before installing a high-tech new shower in your home, always check to see the water pressure it requires, whether it needs both cold and hot water supply lines, and if drains are adequate for any increased flow of water they may generate.

Gabrielle Fagan

Best of the bunch

Bergenia

Often known as elephant's ears because of the shape of its thick, leathery leaves, the bergenia is a terrific ground cover plant in the cooler regions of the country for the front of a border, or under shrubs and trees.

It spreads quickly when given the right conditions - well-drained soil in sun or partial shade - and provides colour for much of the year.

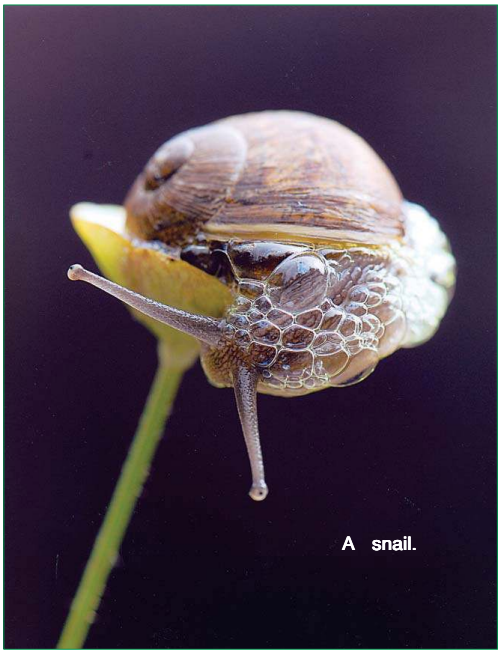
The flowers come in shades of pink, mauve or red, but you'll get more for your money if you choose a variety whose leaves take on red, purple or bronze hues in cold weather.

Bergenia need to be grown in big groups to give the desired effect, as a carpet under large shrubs or trees.

Keep pests

It won't be easy to avoid pests and diseases in the garden this summer, no matter what the weather does.

Diseases can be rampant in damp summers. Blight may ruin your potatoes and tomatoes, while grey mould (botrytis) may appear on the stems, flowers and leaves of most plants.



A snail.

From field to fork

www.the-news.net

French beans

If you've space in your greenhouse or on the windowsill, start sowing your French beans now for a summer crop which will be both tasty and highly ornamental. They need a warm, sunny site with fertile soil. Sow them with two seeds per pot at 5cm (2in) deep and plant out once they are around 8cm (3in) tall, once all danger of frost has passed.

Set up a wigwam or double row of canes around 20cm (8in) apart for climbing French beans, which produce white or pale mauve blooms followed by green, yellow, purple and red-flushed pods. Unusual varieties include 'Violet Podded Stringless', which has slim pods that are bright purple but turn dark green when cooked, or 'Borlotto', which produce light green pods flecked with red which turn bright red when mature.

Dwarf French beans are best grown in small blocks when nearby plants provide support. Alternatively sow them in single or double rows. Good varieties include 'Kenyan', which produces slender, stringless pods, and 'Purple Teepee', with beautiful purple pods.

Harvest the pods when they are large enough and snap crisply in half.

I always find that planting some sweet peas with beans helps increase the crop, as the sweet peas encourage bees which will pollinate the flowers of the beans.

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and diseases at bay

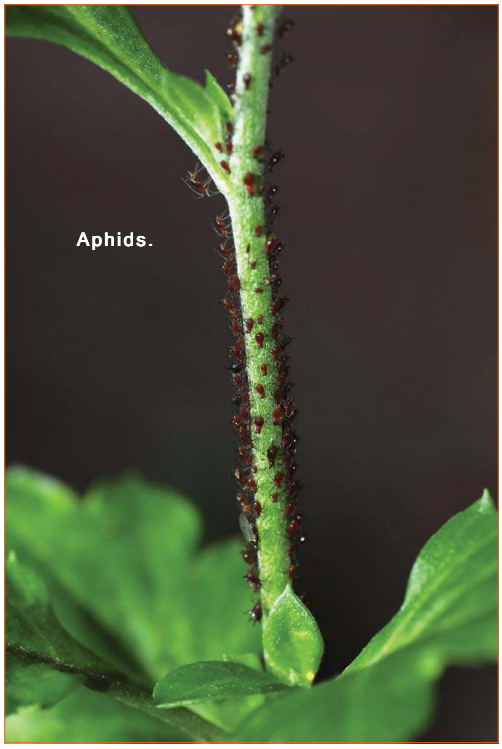
Lily beetles doing what they do best!

Downy mildew causes yellowish patches to develop on leaf surfaces with mealy white outgrowths on the undersides.

But in hot, dry summers, pests such as aphids and red spider mite multiply prolifically. Powdery mildew, a greyish white, powdery coating that later turns brown, can also appear on foliage and stems. Pick off affected leaves, then water and mulch in dry weather.

No one likes spraying chemicals on their garden, but early remedial action reduces the risk that you will need to resort to that.

Take a walk around your garden regularly and check for problems. Turn over the leaves of suspect plants for signs of insect pests and spores or other fungal infections and check over the soft growing tips of shoots.



Aphids.

Sometimes just pinching out the stems or pulling off leaves covered with pests will contain the problem.

Check your particularly vulnerable plants really well. Black-fly are attracted to nasturtiums, caterpillars often attack canary creeper (although my roses have been covered with caterpillars this year), and lilies are prone to lily beetle.

Late summer problems may include brown rot, when soft brown patches appear on fruits such as apples, plums and pears. You'll need to prune off affected shoots, pick up and destroy windfalls and don't store infected fruits.

Cotoneasters, apples, pears and sorbus are all susceptible to fireblight, a bacterial disease that causes shoots and leaves to wither and turn brown as if scorched. Affected shoots need to but cut out about 60cm below the affected area to clean the wood and your tools should be dipped in garden disinfectant during and after use. Badly affected plants may have to be dug up.

Although earwigs are beneficial as they eat aphids, they can also damage the flowers of dahlias and chrysanthemums, particularly in the autumn. Trap them in upturned pots stuffed with straw and clear loose plant debris from around the plants, which provide ideal hiding places for them.

If you find problems late in the season it may be better to cut off and burn leaves, shoots or flower heads affected by disease or aphids rather then attempt treatment with slow-acting systemic sprays.

Remember that where there's rain there will be slugs and snails. While the danger of them destroying your young, tender plants is greatest in spring and early summer, they can still do a huge amount of damage now, particularly after rain.

Put copper tape around pots containing susceptible plants such as hostas, which grow in the wetter regions of Portugal, such as Sintra and the north, which deters them by giving them a mild electric shock.

In beds, set beer traps and mulch around plants with coarse grit or eggshells. But I find the most effective method of slug and snail removal is to go out after rain and pick them off by hand.

If you see lily beetle, pick them off and look out for the small orange-red eggs on the underside of leaves, removing them as well. The larvae, which resemble wet bird droppings, should also be removed by hand.

Vine weevil can also be a huge problem for the container gardener. Plants wilt and collapse suddenly and fat, white, brown-headed larvae can be found in the soil around the roots.

The larvae may have done their work by now, but look out for the adult beetles and dispose of them to stop them breeding. You may find them by looking under pots during the daytime. Susceptible plants include tuberous begonias, alpines and primulas.

Hannah Stephenson

A caterpillar can cause a great deal of damage in a very short time .

An earwig.

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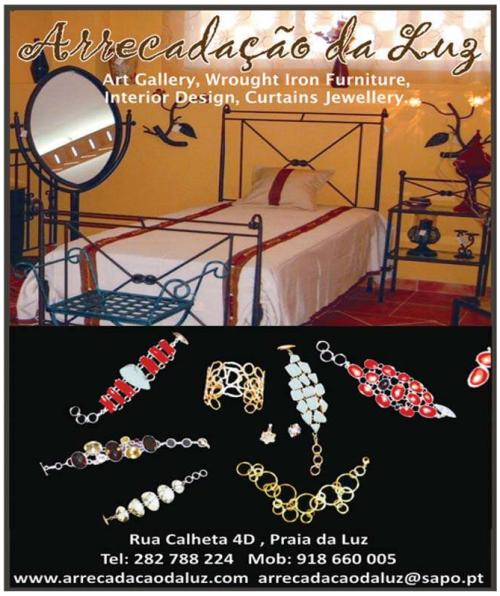

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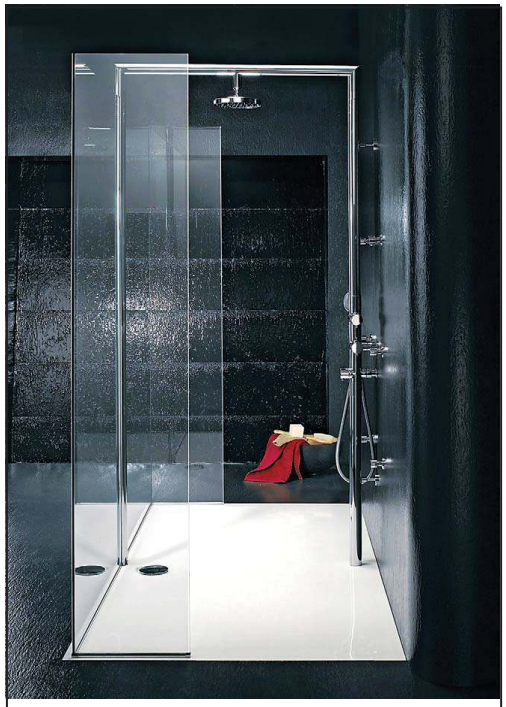

Shower cubicles

A shower cubicle can fit into a floor area of only 70cm square, and doors can slide or fold if you're pushed for space. Alternatively, screens or cubicles can be made-to-measure for awkward areas.

"The right enclosure for your bathroom is one that combines the look you prefer with a size and shape that suits your room," Farris says.

Shower enclosures come in two basic varieties. Framed enclosures are sturdy, economical and use a lighter weight glass than those used in trendy, frameless enclosures. These look clean and elegant but are usually more costly to buy and install.

"Clear glass enclosures are appealing in books, magazines and catalogues, but every water spot shows on them," Farris says.

"Patterned or frosted glass which provides a bit of privacy is easier to maintain."

Clever shower heads

No longer just round, now shower heads are appearing in a dazzling variety of sizes and geometric shapes, with a host of fancy functions that add to the sensory experience of showering.

Undoubtedly the stars of the show are giant rain effect shower heads.

"Rainhead showers are oversized showerheads installed directly overhead and most are suspended from the ceiling," Farris explains.

"Waterfall showers are a variation on those and deliver a streaming sheet of water.

"Multiple head showers offer combinations of sizes, shapes and spray patterns at various heights which will spray in a variety of directions. Many offer massaging or pulsating action. But they may require a more substantial water pressure or larger supply pipes."

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The Breaking of NATO?

NATO, the North Atlantic Treaty Organisation, is a remarkable case of institutional survival in the face of changing circumstances. It was created in 1949 to protect Western Europe from the Soviet threat, and in 1989 the Soviet threat vanished. Yet NATO not only survived the collapse of the Soviet Union but expanded, taking in all the former satellite states of Eastern Europe and even the Baltic republics that had been part of the Russian empire for more than two hundred years. But the Georgian debacle could break NATO.

French President Nicolas Sarkozy (R) and US President George W Bush at the end of their joint press conference at the Elysee Palace, in Paris, France. French President Sarkozy on 16 August 2008 has joined US President Bush in putting pressure on Russia, stating that it must withdraw its troops from Georgia. Photo: LUSA/EPA/HORACIO VILLALOBOS

In those Eastern European countries that were so recently ruled from Moscow, the presence of Russian troops in Georgia has reawakened all the old fears. On Thursday, Poland hastily agreed to let the United States place anti-ballistic missile sites on its soil, on condition that there must also be a full-fledged US military base in the country. Why? Because then, if Russia attacked Poland, the United States would automatically become involved.

What drives all this is historical memory, not genuine strategic calculation — Russia is not planning to attack Poland — but the emotions it evokes are very powerful. That's also why fifty Estonian military volunteers have now arrived in Georgia (although nobody knows quite what to do with them).

The rhetoric in the new NATO members has been almost as hysterical as that in Georgia itself, where President Mikhail Saakashvili has been calling the Russians "21st century barbarians" who "despise everything new, everything modern, everything European, everything civilised." Similar rhetoric pervades the parallel universe of the US media, where the fact that it was Georgia that started this war by unleashing a merciless artillery barrage on South Ossetia and then invading it has been virtually erased from the story-line.

Very few Americans know that there was only one battalion of Russian peace-keeping troops (less than a thousand men) in South Ossetia when the Georgian tanks rolled in less than two weeks ago. It's all "plucky little Georgia" and democratic values vs. the Russian bear.

It's a rousing morality tale that hits all the right notes for an American sensibility, and it's not just Georgia's PR firms that are pushing this line. It's also the US State Department and the Pentagon, which had been building Georgia up as a key US ally on Russia's southern flank. Yet US Secretary of State Condoleezza Rice looked deeply uncomfortable on Friday in Tbilisi as she stood beside the ranting Saakashvili.

Perhaps she was pondering the fact that while the "new Europe" of former Soviet-bloc countries uncritically backs Georgia and the US commitment there, the "old Europe" of Germany, France, Italy and their neighbours mostly does not. This is a problem if she wishes to pursue her goal of bringing Georgia and Ukraine into NATO, since "old Europe" is the core of NATO, with three times the population and five times the wealth of "new Europe."

Any American secretary of state can rely on the reflex loyalty of the British government, at least in its current "New Labour" configuration, but none of the other great states of Western Europe thinks that having a confrontation with Russia over Georgia is a good idea. In fact, they think it's crazy.

Angela Merkel, the German chancellor, put it quite carefully after she met Russian President Dmitry Medvedev on Friday: "Some of Russia's actions were disproportionate (but) it is rare that all the blame is on one side. In fact, both sides are probably to blame. That is very important to understand."

The Italian government warned against trying to build an "anti-Moscow coalition." French Foreign Minister Bernard Kouchner works for the most pro-American French leader in recent history, President Nicolas Sarkozy, but he still said:"Don't ask us who's good and who's bad here. We shouldn't make any moral judgments on this war."

This will all be seen as "appeasement" by the neo-conservatives who still rule the roost in Washington, but many in Western Europe would call it common sense. The Russians will stay in Georgia until they have dismantled the Georgian army and navy bases that could threaten the ethnic enclaves of South Ossetia and Abkhasia again, removing all the new American weaponry that gave Georgia an offensive military capability, and then they will withdraw to the enclaves as the cease-fire agreement requires.

Sarkozy brokered that cease-fire, and he agreed to write those clauses into it. He knew that they allowed Russian forces to stay on Georgian territory until the military threat had been nullified, and he accepted them. He did so because he did not really see Russia as an aggressor in this crisis (although he will not contradict America publicly by saying it in so many words.) But if the US pursues its goal of bringing Georgia and Ukraine into NATO, there are only three options.

If "old Europe" digs in its heals and refuses, on the grounds that it does not need Russia as an enemy, then either the United States drops its demand, or NATO breaks up. The third alternative (and perhaps the likeliest) is that "old Europe" agrees to let the two former Soviet republics join — but with the unspoken reservation that they will never actually go to war with Russia to protect them.

That would be a less dramatic end for NATO, but it would be an end.

A two-tier alliance is no alliance at all.

Gwynne Dyer.

Gwynne Dyer'is a London based independent journalist whose articles are published in 45 countries.

His new book, "After Iraq", has just been published in London by Yale University Press.

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The Baía Trophy

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With the Estoril course in the best condition for the month of August that has been seen for many years, Denys Stormont showed the way to take the trophy with 39 stableford points. The quality of the course and play provided excellent scores with 2nd, 3rd and 4th prizes all being awarded to players with 36 points, Auke Bos, Sally Buxton and Jimmy Gray fulfilling these places respectively. Derek McIvor was 5th with Antonio Vieira closing the top 6 with 35 and 34 points respectively.

The ladies were set a difficult task of getting on the 3rd green in 2 shots with Miranda Thomas taking the laurels and Bruce Dawson homed in on the pin to take the mens prize with an excellent effort on the short 2nd hole. Chris Goulding, unexpectedly brought up the rearguard earning a free lesson with Gordon Young, the professional. Carl Eggers took the top ten hole prize, and the best guest was Monique Bryers with 30 points.

The day was rounded off with a quality buffet dinner with João Coruche – Managing Director of the Hotel – presenting the prizes.

From left to right: Sally Bucton, Auke Bos, Denys Stormont, João Coruche, Ewan Rankin

RBC against the Associação de Barmen de Portugal

One of the most coveted competitions of the year for the Royal British Club Golf Society is the annual match against the Associação de Barmen de Portugal, an event that has taken place uninterrupted for the last 22 years.

Joaquim Ribeiro Captained the ABP team and put up a strong side with their best player playing off 2 handicap. The RBCGS captain, Ewan Rankin, fielded as strong a side of 7 pairs as was available, and for the first time since this match has been played, the end result was match halved with all matches, except one, being resolved on the 18th green. The final match in which the captains were involved went to the last putt, skillful stuff from Bruce Dawson, with the RBCGS just managing to win the hole to close the result.

As usual, all players went to the Tertulia Restaurant in Alcoitão for a lunch of sardines, *febras* and *entremeada de porco*, lubricated with copious amounts of beer and wine, proceedings coming to a conclusion early evening.

The Oceânico Algarve Championship

An event on the PGA EuroPro Tour played on the Victoria Course in Vilamoura, was a huge success, in particular for the local players as two of them – old friends Angolan-born António Sobrinho and Ricardo Santos from the Algarve - were in close contention as from the first of the three rounds.

With no other challengers appearing from the chasing pack, and with the advantage of local knowledge, Sobrinho and Santos went to the 54th and final hole with the former only one stroke behind on 12 under par.

A playoff seemed imminent when Santos drove into a fairway bunker but he recovered magnificently and, like his adversary, got up and down for a par to take the crystal-ware and a cheque for €16,250. Santos made a strong move by birdying the 11th to 13th holes, and to his credit, Sobrinho clawed his way back with birdies at the 14th and 17th but just fell short. Northern Ireland's Richard Kilpatrick (Banbridge) finished in third spot at eight under par.

Ricardo Santos took the crystal-ware and a cheque for €16,250

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Thanks to Carolyn Kain, the event was well publicised, reaching an audience that had never heard of ALFA.

The second part held a light hearted round up by Dianne Colebatch and Barbara Fellgiebel.

The 6th ALFA-literature salon will be held by Jenny Grainer on Monday, the 1st of September at 7.30 pm in the Convento.

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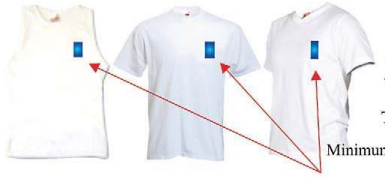

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Faro appc

Fishing for condiments

Tired of that old standby fish and chips loaded with batter? Why not be more adventurous and marry fish with the spices and flavours of India. Atul Kochhar, the first Indian chef to be awarded a Michelin star, reveals his stunning fish recipes.

Do you steer clear of the fish counter at the supermarket because you fear cooking a fish dish from scratch will be too difficult and messy?

You're missing a trick. There's a versatile and easy ingredient hiding under all that batter at the takeaway - and one that's healthy too.

Miss out on tasty fish suppers and you are depriving yourself of something wonderful, according to chef Atul Kochhar.

Kochhar, the first Indian chef to be awarded a Michelin star - who shot to fame in Britain as a finalist on the BBC's The Great British Menu - has taken a whole new approach to fish by marrying it with Indian spices, and says it's been a revelation.

"I've discovered that the marriage of British fish and Indian flavours is one of the best there is," he says.

The chef is hoping his discovery will spark a revolution in the way we cook and eat fish because, as he points out, "in the UK currently, fish cookery is so underexploited.

"This country is surrounded by ocean, yet we shy away from the wealth of seafood available to us despite the fact it's some of the best in the world, and sometimes even free.

"Also, although we'd all benefit health-wise from including fish in our diet more often, many people lack confidence when it comes to buying and cooking fish."

Similarly, he says his homeland of India, despite its long coastline, generally doesn't make the most of seafood. "Fish tends to be cooked in 'curries' which mask the qualities that make it special - its colours, textures and aromas.

"But fish is a wonderfully versatile ingredient and, as long as you take care not to overwhelm it, makes a perfect canvas for spices and herbs."

Some of his favourite dishes include Kentish oysters, scallops from the Isle of Man, right through to Cromer crab and Scottish herrings.

In his new book, Fish Indian Style, he's incorporated some signature British ingredients - along with many others - and the elements of the cookery he grew up with in East India.

The result is a range of fish dishes oozing with unique flavours such as Kentish Oyster Fritters with Cumin and Chilli-Apple Jelly, Crisp Fried Whiting with Jerusalem Artichokes, Celery and Pears in Curry Vinaigrette, and Sea Bass in Coconut Milk and Ginger Sauce.

One of his quirky favourites is Mumbai Fish Pizza and he jokes: "This recipe is a cheeky dig at the stylish folk of Mumbai (Bombay) who regard themselves as trend setters. Italian food is all the rage there at the moment."

And Kochhar, who runs the renowned Benares restaurant in London, has also given a fresh spin to the classic treat, battered fish and mushy peas. His version is Deep Fried John Dory With Garlic and Cumin Peas.

He says: "My interpretation of Britain's national dish is easy to make at home and has proved immensely popular with the customers at Benares."

So pluck up your courage, drop your anchor at the fish counter and pop some essential spices of India into the shopping basket before you get to the checkout.

Gabrielle Fagan

Mumbai fish pizza

(Serves 4)

200g white fish fillets (such as pollack or whiting) or mackerel
3 tbsp vegetable oil
4 tbsp Spicy Indian Ketchup
4 medium-sized naan breads (bought ones are fine)
1 tsp finely chopped garlic
1/2 tsp red chilli flakes
1/2 tsp coriander seeds
1/4 tsp cumin seeds
1 red onion, sliced
2 tomatoes, sliced
1 red apple, cored and sliced
1 mango, peeled, stoned and diced
1 tsp finely chopped fresh ginger
juice and grated zest of 1 lime
A pinch of powdered dried fenugreek leaves
10 coriander sprigs
1 tsp dried mango powder
A pinch of garam masala
Sea salt and freshly ground black pepper
For the topping:
3 tbsp grated Cheddar cheese
1 tbsp chopped coriander leaves
1 tsp finely chopped green chilli
4 dollops of thick yoghurt

Season the fish fillets with salt and pepper. Heat two tablespoons of the oil in a frying pan, add the fish and fry for three to five minutes on each side. Drain on kitchen paper, then break into chunks and set aside.

Spread the spicy tomato ketchup over the naan breads and put them on a baking sheet. Place in an oven preheated to 180C/Gas Mark 4 and bake for two minutes, until they are crisp and the surface is sealed. Remove from the oven and set aside.

Heat the remaining vegetable oil in a pan, add the garlic, red chilli, coriander seeds and cumin seeds and saute over a medium heat until they start to pop.

Stir in the red onion and tomatoes, cook for two minutes or until softened, then transfer the mixture to a large bowl. Mix in the cooked fish, apple, mango, ginger, lime juice and zest, fenugreek leaves and coriander sprigs. Sprinkle in the dried mango powder and garam masala and mix well.

Divide the mixture between the naan breads and sprinkle the Cheddar, chopped coriander and chilli on top. Drop a dollop of yoghurt in the centre of each bread and bake in an oven preheated to 200C/Gas Mark 6 (or under a grill) for 6-8 minutes, until the surface begins to caramelise. Serve immediately.

Spicy Indian ketchup

Kochhar says: "I was bored with ketchup out of a bottle, It needed more flavour - so I made this one up!"

2 tbsp vegetable oil
1 red chilli, left whole
1 tbsp chopped garlic
200ml tomato ketchup
1 tbsp lemon juice
4 tbsp water
2 spring onions, thinly sliced

Heat the oil in a saucepan, add the red chilli and garlic and saute until the garlic turns light brown. Add the tomato ketchup and lemon juice and simmer for two to three minutes. Add the water and simmer for two minutes. Remove from the heat and stir in the sliced spring onions. Leave to cool, then store in the fridge. It should keep for two weeks.

Deep-fried John Dory with garlic & cumin peas

(Serves 2)

Tip: Blitzing the peas in a food processor and frying them briefly rather than boiling, means they retain their vivid colour.

Vegetable oil for deep-frying
2 John Dory fillets, cut into three strips each
Spicy Indian Ketchup to serve
For the batter:
6 tbsp gram flour
4 tbsp rice flour (ground rice)
A pinch of sea salt
1/2 tsp red chilli powder
1 tsp ajwain seeds
Sparkling water
For the garlic and cumin peas:
1 tbsp vegetable oil
1 tsp cumin seeds
2 garlic cloves, chopped
100g frozen peas
thawed sea salt

To make the batter, put the gram flour, rice flour, salt, chilli powder and ajwain seeds in a bowl and gradually stir in enough sparkling water to give a thick, pouring consistency; it should be thick enough to coat the back of the spoon.

Heat the vegetable oil to 180C in a deep-fat fryer or a large, deep saucepan. Dip the fish in the batter, let any excess drain off, then fry for 4-5 minutes, until golden and crisp. Drain on kitchen paper.

While the fish is frying, cook the peas. Heat the vegetable oil in a small pan, add the cumin seeds and cook for a few seconds, until they start to crackle. Add the garlic and cook until golden.

Blitz the peas very briefly in a food processor to break them down a little, then add to the pan and fry for just a minute or two, until tender but still brightly coloured. Season to taste. Serve the fish with the peas and Spicy ketchup and some chips if you like.

Cooking tips from Kochhar

• He urges cooks to avoid the highly popular but endangered species, such as cod, tuna and eel, and instead recommends other equally taste alternatives such as pollack, signal crayfish and grey mullet. The Marine Conservation Society's website offers advice on sourcing sustainable fish. Go to www.fishonline.org

• Kochhar advises using spices in the same way as salt and pepper in cooking. "Always taste as you go along, and adjust the seasoning as necessary."

• Most of the spices and ingredients Kochhar uses are available from Asian shops or large supermarkets or by post from companies such as Spices of India. Go to www.spicesofindia.co.uk

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TK Maxx white button dress, and white print tunic. Photo: Press Association

Creation by designer Paul Smith

All white now

Embrace summer in a timeless classic: cool, crisp white.

The first bout of autumn collections may be taking over the high street rails but following the recent heatwave, fashionistas have ditched upcoming heavy prints and dark colours for bright and breezy white.

Nothing says summer like cool, crisp white. There's rarely a season on the S/S catwalks when the versatile shade doesn't feature highly.

From floaty sheer white silk at Fendi through to structured sharp white tailoring at Paul Smith, designers used the colour to the max. Diesel and Loewe went the whole hog with all-in-one white playsuits.

Every woman treasures faith-

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ful black in her wardrobe but with months of dreary dark winter colours ahead, wear your whites while you can. A killer white dress with heels can be just as glam as the LBD.

So reach for the washing powder and brighten up those whites for high summer.

White wash

To really make a statement in your whites, overdose on the sunshine-friendly shade and go top-to-toe.

Block colour was a big trend on the catwalk and it's an easy way to make an instant impact using simple staple pieces in your wardrobe.

Calvin Klein put his models in super-skinny white trousers with white jackets and teamed them with, wait for it... white tops and white shoes.

Make sure your white is dazzling bright. The key to pulling off this trend is ensuring all your whites are the exact same shade. An off-white top teamed with a gleaming white jacket is going to blight that top-to-toe effect.

Monochrome mode

For some, all white is just never going to be fashionably feasible.

Let's face it, anyone with children and pets - and lacking a chauffeur to drive you from A to B dust-free - is going to struggle to stay white all day long.

Adding black to the mix is your monochrome solution. Keep the look summery by sticking to a dominant white colour, but add a black top or bottom half for contrast.

Two-tone black and white dresses are bang on trend at the moment and will work in both your summer and winter wardrobes teamed with season-appropriate accessories.

White and bright

The more daring among the white brigade will love this season's trend for adding surprise flashes of neon, as seen on the S/S catwalks.

Karl Lagerfeld and Giambattista Valli showcased swishy flared skirts in white with super-bright accessories like belts and necklaces. Valli and Jil Sander also used sheer white fashions contrasted with neon coral and pink undergarments to put a modern spin on an otherwise ethereal look.

Don't overdo it on your brights. Just pick out one look-at-me neon or bright shade to make your white ensemble pop with colour.

The right way to wear white

Still not convinced your wardrobe can be stylishly whiter than white? Fiona Wellins from Colour Me Beautiful has these tips:

• If you're wearing white on its own you need to think carefully about your skin tone to make sure you don't look 'transparent'. If you have warmer undertones in your skin you need to wear the warmer, softer whites such as ivory or creams. Icy white will work against skins with cooler undertones, but overall the softer whites work best on most of us.

• Bright white looks fabulous against a tan, but if this shade of white doesn't suit your natural skin colouring then don't wear it on the first few days of your holiday or you will look washed out, wait until you're reasonably sunkissed to get the right effect.

• White is a great wardrobe staple to contrast and lift darker shades in your wardrobe.

• Always wear flesh coloured underwear under white clothing, white shows through white.

• This year saw a throwback to the 70s fitted white waistcoat and trouser - think SJP in Sex And The City. If you're not a fan of dresses and want a stylish outfit for a special occasion, this look is smart but modern and sexy, and the white keeps it feminine.

Lisa Haynes

Noli metallic coat in white silver

Fashion news flash

New religion

There's a new religion in fashion that goes by the name of B+R. The B+R shops stock two leading fashion brands, Religion and Bolongaro Trevor, the label by the founders of All Saints. Fashionistas can get their fix of the two brands at three stores in the UK, B+R Shoreditch and Islington, in London, or B+R Leeds. Both menswear and womenswear collections are available along with a range of accessories created exclusively for the stores.

Suspect specs

Seems fakery is cutting it in eyewear fashion. There's been a surge in the number of plain glass spectacle requests from people with perfectly normal eyesight at Vision Express. With over 1,500 requests a week for frames with plain glass, the new wave of fashionista spec wearers have been dubbed 'Suspecs'!

It's little wonder with high-end designers putting their fashion expertise to trend-setting frames. John Galliano is the latest to announce a designer eyewear collection, planned for Fall 2009.

Galliano said: "Sunglasses and eyewear are essential accessories to make a statement on and off the runway and I am really excited to give them a Galliano twist."

Debenhams J by Jasper Conran white jacket and white trousers

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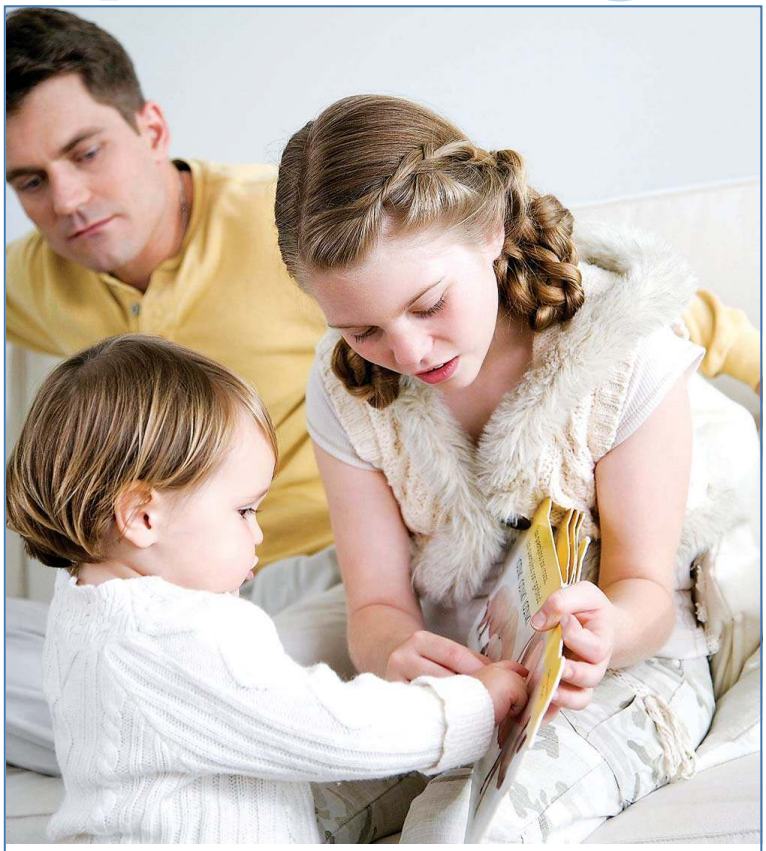


Young girl playing with a baby.

When is my child ready...

to babysit?

There's no legal age for babysitting - parents just need to use their common sense. NSPCC guidance suggests a parent should choose a babysitter who's over 16 - a child under this age can't be prosecuted for neglect or ill-treatment of children in their care, so if any harm came to a child they were looking after, the parents could be prosecuted. Ultimately, it depends on how mature the babysitter is, and how confident parents feel about leaving them to look after their child.

Website of the Week:

babygoes2.com

This family travel website gives advice to parents of babies and children on where to go, how to get away, and the best operators to travel with. It offers an independent, recommended-by-parents selection of villas and hotels worldwide, along with advice, location reports, features and essential holiday shopping.

Three ways to...

help a child who's afraid of the dark.

1. Let them know that you're not afraid, but acknowledge their fears, get them to talk about them and don't make fun.
2. Let them have a torch or a night light, or leave the door ajar with the landing light on.
3. Reassure them there's nothing to be afraid of, and perhaps go round the room with them in the dark pointing toys and other objects out.

Readers Tip

If your child has written or drawn on the walls with crayons, try spraying some WD-40 on the marks and then clean them off with soap and water.

Ask the expert

Q: "Is it true that detailed sex education may be made compulsory in secondary schools? I'm not sure I want my 11-year-old daughter learning about sexually transmitted infections and so on."

A: Rebecca Findlay of the FPA, formerly the Family Planning Association, says: "The Sexual Health Advisory Group is proposing that sex and relationship education (SRE) becomes compulsory in schools, and it's something the FPA has been campaigning about for years. We've no idea if it's going to happen, it's up to the Government.

"Because SRE isn't compulsory at the moment, some schools do it excellently and some do it very badly. It's not good enough - it needs to be across the board for all young people.

"We know that parents are very surprised at how little it's taught - the only statutory part at the moment is the science curriculum about reproduction. All the good stuff that's needed is in SRE, and it's really up to schools whether they choose to cover it or not.

"An 11-year-old should be learning about puberty, sexually transmitted infections and contraception, plus all about where local services are, not being pressurised into having sex, what the risks are, and what safer sex is. It's really important that the relationship side of sex is taught too.

"Young people today have access to information that we didn't have when we were young, and they need to be able to manage it. SRE in schools means they're getting the correct information in a safe, teaching environment.

"It's too important not to be taught, because we can see what happens when it isn't, and that's very poor levels of sexual health, STIs, unplanned pregnancies etc.

"Without proper education, young people are going to get the wrong messages about sex."

News for parents

Many families are going on "half-bored" holidays with children finding the breaks dull, a survey has revealed.

As many as 28% of youngsters said they found family holidays boring, and 30% reckoned their friends had more exciting breaks.

The survey from cruise company Ocean Village also found that more than a quarter of teenagers wished their parents would go on holiday on their own.

More than a quarter? Don't they mean all of them?

parents on holiday without their children. (Photos: Press Association)

A pledge that every primary pupil in England will receive free school meals could form part of Labour's next election manifesto.

The scheme, which would affect around four million children, could cost an estimated £1 billion (€1.257 billion), and would save each family almost £300 (€377) per child every year.

But at the moment it's only a suggestion - it remains to be seen whether it's free hot meals, or just hot air.

Pupils enjoying school dinners at a Primary School in Cambridgeshire.

Lego has been voted Britain's favourite toy almost 50 years after it first went on sale.

While the coloured bricks were the nation's most popular toy since 1973 in an Argos survey, it was Scalextric that Britons always wanted but never got.

But Lego's appeal is timeless, as it also appears in the Argos top 10 toys for 2008 list, along with another classic, the Rubik's Cube.

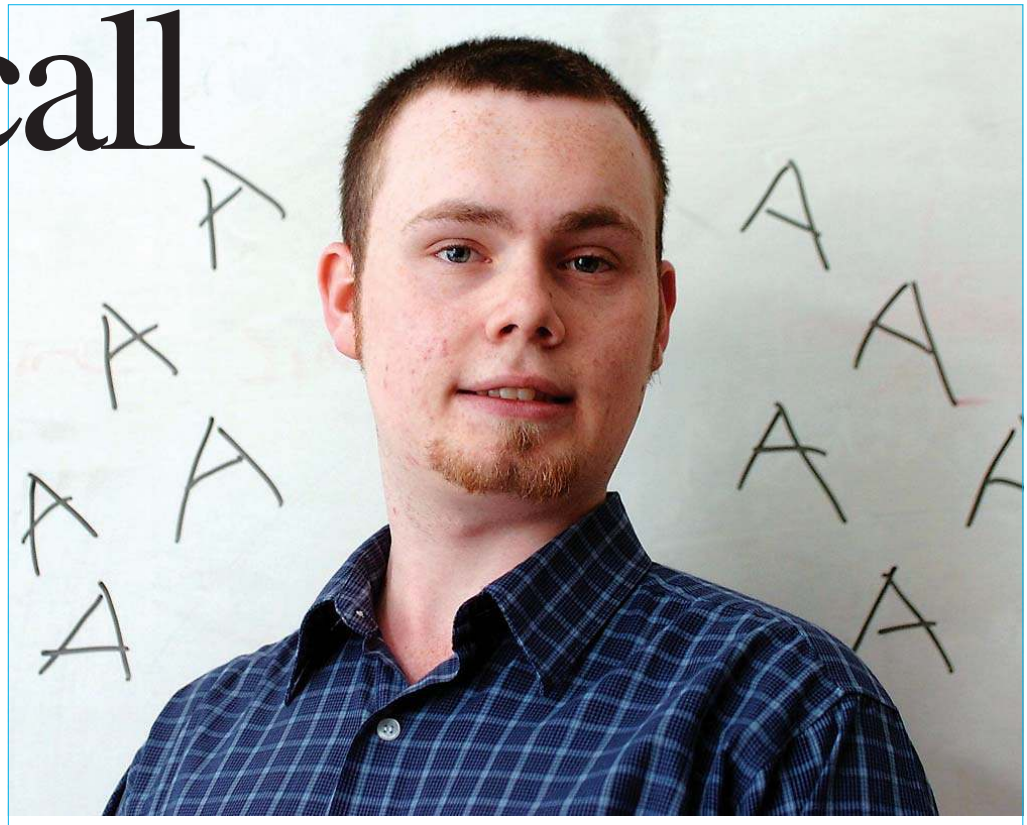
But that's where the nostalgia ends, as most of the other top 10 toys are high-tech gadgets such as a light and sound watch, and an electronic touch-and-talk reading device.

Still, at least there are some steadfast remnants of when children could just be children lurking in modern toy boxes.

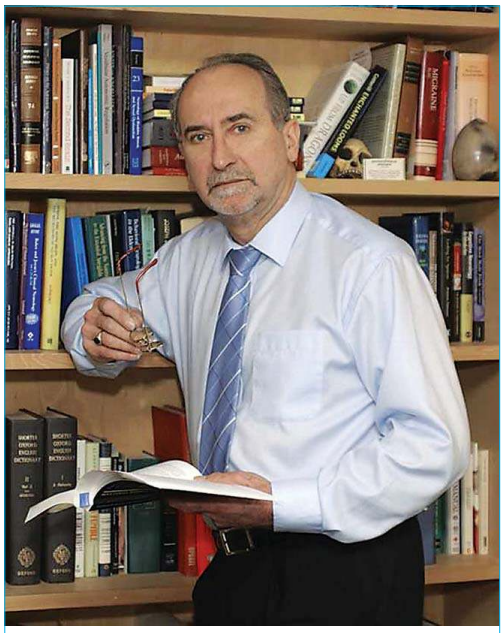
Thahera Bugem aged 8 from the Bangabandhu School in Bethnal Green, playing with a Lego set at the Museum of childhood in East London.

Don't call me stupid!

Dr Robin Pauc's new book Could It Be You? claims that many adults may suffer from developmental disorders such as dyslexia, ADHD, OCD and autism. While children are regularly diagnosed, adults aren't so lucky. So how can you tell if you're a sufferer and what can you do about it?



British student Jos Gibbons who has Asperger's Syndrome and is believed to be the highest 'A-Level' achiever.



Dr Robin Pauc, author of a new book Could It Be You?

If a child finds it hard to read, we no longer assume they're stupid. Teachers and parents are hot to spot learning disorders such as dyslexia, but how many of us who left school many years ago suffered unnecessarily?

The British Dyslexic Association estimates that one in 10 British adults are suffering from dyslexia, a disorder which can inhibit a person's ability to read and spell.

And according to Dr Robin Pauc, author of new book Could It Be You?, dyslexia is just one of a range of disorders including ADHD, autism, obsessive-compulsive disorder and Asperger's syndrome which he believes are linked and which can all be traced back to developmental problems in childhood.

"One of the first adults that ever approached me was 65 years old and wanted to know if I could help him to read. He'd gone through his life as a carpenter and avoided promotion because he knew that if he became a foreman he'd be obliged to read and he couldn't. So rather than admit that, he told people that wasn't the type of job he wanted to do," he says.

Dr Pauc believes that there may be millions of adults suffering from a problem he has termed 'developmental delay syndrome' - and has written a book to help sufferers diagnose and treat their symptoms.

"When I was studying neurology I couldn't understand how things like dyslexia, dyspraxia, ADHD or Asperger's syndrome happened," he says. "And then realised that no one else did.

"I began to wonder whether in fact all these separate conditions were in fact simply symptoms of one larger problem, which I've called developmental delay syndrome."

Although Dr Pauc's theory is not widely accepted, his holistic methods of helping children and adults suffering from everything from dyslexia to attention-deficit disorder have certainly been a success.

The trained chiropractor and former professor of neurology who is currently the director of the Tinsley House Clinic in Hampshire, works with nutritionist Carina Norris to offer patients carefully-controlled treatments focusing on diet, physical exercise and the use of computer programmes.

He has also co-authored two books called Is That My Child? and The Brain Food Plan.

HOW DO YOU KNOW IF YOU HAVE A DISORDER?

According to Dr Pauc, developmental disorders tend to fall into five areas; dyslexia, dyspraxia, attention-deficit disorder (ADD), obsessive-compulsive disorder, Tourette's syndrome and autism.

He says: "If you're really struggling to read, then you could

Cont'd. over ...

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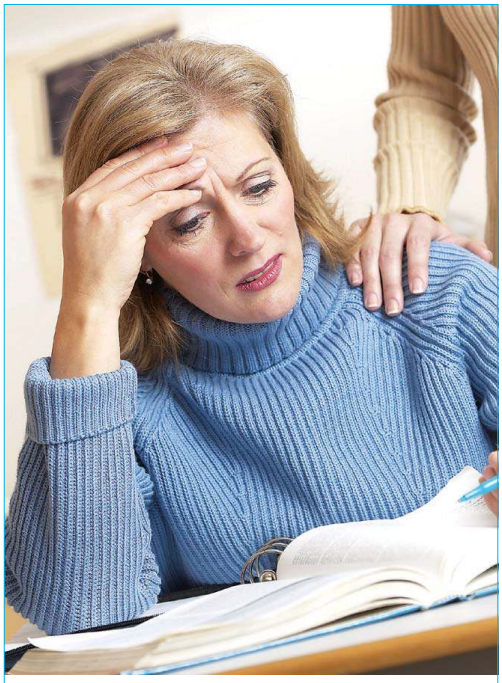

"Those with autism will usually have been diagnosed at an early age, but sometimes mild cases may not be picked up which can have a big impact in later life."

have dyslexia. Those with dyspraxia, might find that they're very clumsy. And people suffering from ADD will tend to have a history of impulsive behaviour, an inability to keep still and being constantly in trouble. Adult sufferers tend to be those people who are always changing jobs and constantly on the move."

He adds: "People who have obsessive-compulsive disorder are usually aware there is a problem because their rituals have started to take over their lives. Similarly those with Tourette's syndrome are aware of their overwhelming desire to say or call out something.

"Those with autism will usually have been diagnosed at an early age, but sometimes mild cases may not be picked up which can have a big impact in later life."

Robin explains that adults suffering with an autistic disorder, such as Asperger's syndrome, might have difficulty making sense of the world and how to fit into it. He suggests that adults who are concerned about their wellbeing should see if the following situations apply to them:

DO YOU HAVE?

:: Impaired ability to plan ahead
:: Difficulty in abstract thinking
::Difficulty with working memory
::Lower general intellectual abilities
::Difficulties with memory retrieval
:: Poor short term memory
:: Slower speed of data processing
:: Emotional instability
:: Decreased initiative
:: Poor oral intake
:: Poor writing/spelling
:: Low self esteem
:: Urinary retention/incontinence
:: Travel sickness
:: Dizzy spells

While a positive response to these questions is merely a guide, Dr Pauc explains that such clues can help adults identify if there's a deeper neurological problem.

CAN YOUR DIET HELP?

Dr Pauc's patients are put on healthy diets designed to improve the health of the brain. "We aim to control supplies of food to keep blood sugar levels constant, reduce the intake of stimulants such as caffeine and encourage the use of supplements such as zinc and magnesium," he says.

Working closely with nutritionist Carina Norris, the author says he has had particular success by increasing levels of polyunsaturated fats in his patients' diets.

"The most important ones are omega-3 and omega-6. As well as being being essential for building brain cells, they're also needed for the day-to-day functioning of the brain."

Although the link between diet and mental health is by no means proven. In the latest study by the Mental Health Foundation, called Feeding Minds, experts concluded that a lower intake of omega-3 fatty acids could be linked to depression, schizophrenia, attention-deficit hyperactivity disorder (ADHD) and Alzheimer's disease.

"In general a holistic approach to treating neurological disorders is important," says Dr Pauc. "By combining a healthy diet with physical activity and dedicated brain exercises, I think people suffering with development disorder syndrome can dramatically improve their quality of life."

GET TESTED

Dr Pauc says that computer programmes are now capable of accurately assessing whether you have a disorder or not.

"Software has over the years

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DR ROBIN PAUC with CARINA NORRIS

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Experts have concluded that a lower intake of omega-3 fatty acids could be linked to depression, schizophrenia, attention-deficit hyperactivity disorder (ADHD) and Alzheimer's disease.

been developed to help with the diagnosis of a variety of conditions," he says. "Programmes can do everything from identifying a person's exact developmental problem to stimulate specific cells in the brain and aid reading fluency."

The Royal College of General Practitioners recommends that adults who are concerned should go to see their doctor. GPs are happy to talk to patients of any age about such conditions and work with them to get a diagnosis.

:: To contact the British Dyslexic Association go to www.bdadyslexia.org.uk

Sarah O'Meara

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Just another health scare?

The great British breakfast

Those who love sausage and bacon - breakfast favourites for Brits - have been warned by the World Cancer Research Fund of the dangers lurking in the foods. It's been found that eating 1.8oz of processed meat a day - the equivalent of one sausage or three rashers of bacon raises the likelihood of bowel cancer by a 20%.

It adds to growing evidence that too much meat in the diet can be deadly. Bowel cancer claims 16,000 lives a year in Britain.

"We are more sure now than ever before that eating processed meat increases your risk of bowel cancer," says Professor Martin Wiseman, the charity's medical and scientific adviser.

"The evidence is whether you are talking about bacon, ham or pastrami, the safest amount to eat is none at all."

Sausages, hamburgers and mince fall into the same bracket if they've been preserved with salt or chemical additives.

WHAT'S THE ANSWER

Those who can't bear to cut out processed meat will still benefit from eating smaller quantities, says Prof Wiseman, who says people should be aware of the risk so they can make an informed choice about what they eat.

Experts say red meat need not be eaten every day and that 18oz/500g a week in cooked weight or 27oz/750g uncooked weight is sufficient.

That's the equivalent of three steaks, although the definition of red meat covers pork and lamb as well as beef.

Processed meat's stronger links to bowel cancer have led to advice that it should be avoided altogether.

The World Cancer Research Fund advises that any meat bought should be as lean as possible, with visible fat trimmed before cooking. Chops or sausages can be swapped for fish, and a chicken or tuna sandwich a healthy alternative to bacon.

When making a chilli with mince, the quantity of meat can be halved and extra kidney beans added in its place.

Compete for the Cup

The International Algarve Fair will this September be launching a unique competition that is set to provide visitors and participants with endless hours of fun.

During the two-day fair a maximum of 16 teams will be vying for the title of becoming the first Human Table Football champions of the Algarve.

A side consists of five players, though substitutes are recommended as each team will play a minimum of three matches as they look to qualify for the knock-out stages of the tournament. The cost of participating is €50 a team, with all proceeds being donated to the Lagoa Fire Department. Teams can represent companies, countries or merely be a group of friends. But as the number of teams are limited, interested parties are advised to contact Tommy Broad as soon as possible on tel: 282 380 317 or e-mail: tommy@the-news.net in order to have a shot at the inaugural International Algarve Cup.

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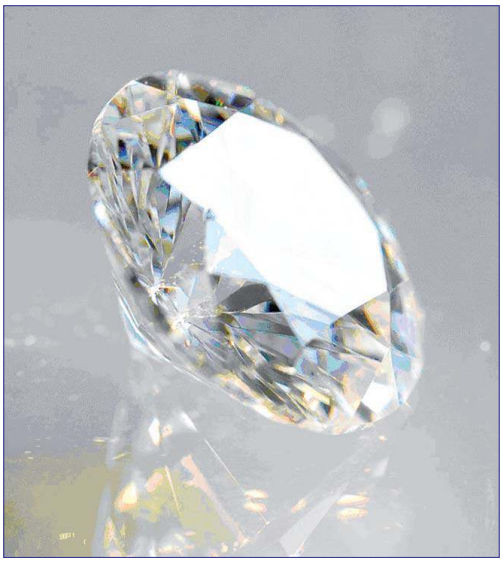
Antwerp - a city of surprises

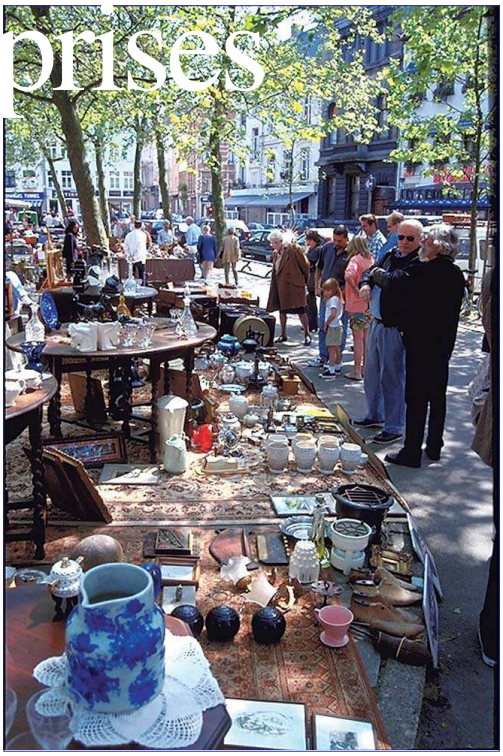
Diamonds, divine food and stunning architecture make Belgium's second city the ideal destination for a short break.

When Napoleon Bonaparte visited Antwerp in 1803, he did not mince his words with his opinion of the city as "the most backward provincial nest I have ever seen". The story goes that he slept on this thought overnight, and the next day - with the invasion of England at the back of his mind - ordered docks to be built. To him the Scheldt, on the banks of which the city stands, looked like a gun barrel aiming at his biggest enemy. London.

Today's visitors to Antwerp, the second largest city in Belgium, will discover that it is modern, vibrant and full of surprises.

The busy port, which the French emperor helped to create, still plays an important role in the economic life of the place. But nowadays, with the lure of Rubens and diamonds, great architecture, fantastic shopping, atmospheric bars, and fine wining and dining, it's simply a great place to visit.





The Dutch have been making Antwerp a popular weekend break destination for years, whereas the typical British holidaymaker will probably head for Bruges. The two destinations have much in common, with beautiful buildings, museums and galleries, and shops selling exquisite, hand-made chocolates to tempt the most hardened of dieters.

But Antwerp has another jewel in its crown - the diamond industry. More than 80% of the world's production of rough and industrial diamonds pass through the city, and a staggering 50% of all polished stones are traded here. It's therefore no wonder that you will also find the most renowned, specialised diamond cutters and polishers in the world.

Hundreds of international firms have their headquarters in a heavily-guarded zone near the Central Station. Here, Belgians, Indians, Australians, Russians, Lebanese, Africans, Japanese and many other nationalities rub shoulders with one another.

Visit Diamondland to see professional diamond craftsmen at work and learn more about the industry. There's also a showroom with more than 2,500 pieces of diamond jewellery and polished diamonds on display. Any diamond purchased here comes with a certificate of authenticity.

There are even special packages available for couples looking for that perfect diamond ring - with hotel accommodation thrown in according to how much your chosen little rock will set you back. Chocolate diamonds are also on sale for those without the cash to splash on the real thing.

The Diamond Museum is also worth a visit while art aficionados may prefer to take in the Royal Museum of Fine Arts. Situated in the heart of the trendy southern part of Antwerp, this stately 19th century building houses some magnificent works of art and offers an overview of the history of artistic life in Flanders and Belgium.

Be prepared to be overwhelmed by an impressive collection of baroque art works by Rubens and his contemporaries. The 19th century salon artists and the modernist painters James Ensor and Rik Wouters are also represented. Flemish masterpieces rub shoulders with works by artists such as Jean Fouquet, Titian, Frans Hals, Auguste Rodin and Amedeo Modigliani.

Peter Paul Rubens is probably Antwerp's best-known adoptive son. Although born in Germany, the artist made his home in the city and today his former home can be visited and admired. He acquired the dwelling on Wapper Street in 1610 at the age of 33 and expanded it into a spectacular palazzo. The present collection of the Rubens House comprises 10 works by the master himself, including his renowned self-portrait.

One of Rubens' best-known paintings is the sensual tableau of Samson and Delilah that he created for the art room of his patron, art expert and Antwerp mayor Nicolaas Rockox. This spectacular piece was temporarily back over the mantelpiece of the Rockox House gallery during out visit, on loan from the National Gallery in London as part of the Antwerp museum's 30th anni-

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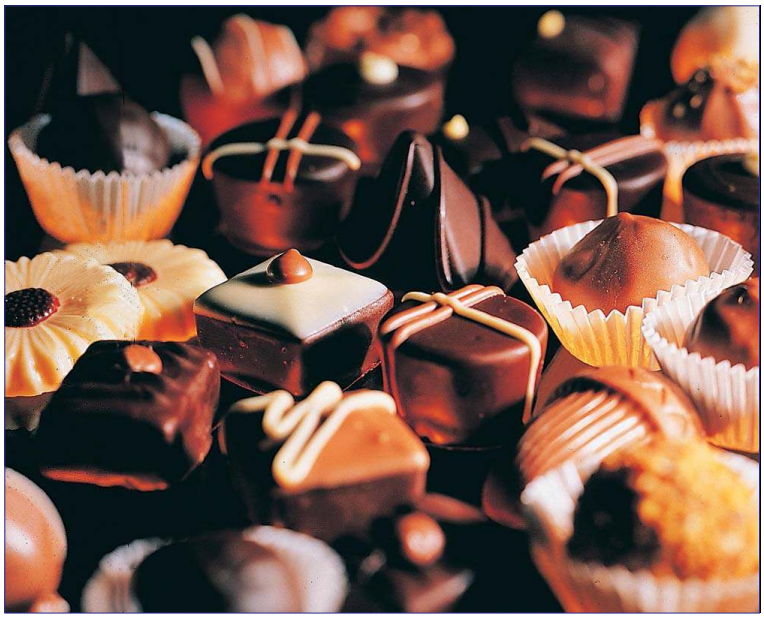

Pictured above: Central Station, Antwerp, Flanders; left: Exquisite, hand-made chocolates from Antwerp; below: Mussels, a Flemish speciality. Opposite page - right: The Antiques market in Antwerp, middle: A visit to the Diamond Museum is a must; left: Cathedral of Our Lady, Antwerp.

versary celebrations, but has now moved to Vienna.

The impressive Cathedral of Our Lady dominates the Antwerp skyline and boasts yet more breathtaking paintings by Rubens, including 'Raising of the Cross' and 'Descent from the Cross'. The cathedral, which took 170 years to build, is the largest Gothic church in the former Low Countries and has undergone extensive restoration.

The centre of Antwerp boasts five prominent churches and the baroque St Charles Borromaeus Church is also worthy of a visit, if only to admire its magnificent façade.

If all this culture leaves you craving some retail therapy, you'll find the city is blessed with a rich and diverse range of stores. Even better yet, the shopping zones are contained in the cultural and historic sections of the city. One of the many titles that Antwerp proudly used in the 16th century was 'de triomfelycke coopstad' - or the renowned city for shopping - and today this still rings true. The majestic Meir is said to be the busiest shopping street in Belgium, attracting 240,000 visitors a week.

Lovers of bric-a-brac, old books and prints can go treasure-hunting in the shops along Minderbroedersrui, Hoogstraat and Kloosterstraat - one long street with a huge concentration of stores selling collectibles. On Sunday mornings the stallholders of the famous Vogelenmarkt (bird market) set up shop. This is a spectacle that you really shouldn't miss, and illustrates how different cultures view God's creatures. Whether the cute baby rabbit I fell in love with was destined for a loving home or the casserole pot I dare not ask!

Antwerp is alive with restaurants, bistros and pubs that often feature a regional menu. Typical Antwerp and Flemish specialities include stewed eel in chervil sauce, and huge pots of mussels as served at Brasserie Appelmans, just a stone's throw from the cathedral. Belgium is, of course, famed for its beers - and the amber-coloured 'bolleke' served in Antwerp's bars and restaurants is a popular choice. Also recommended is the 'Elixir d'Anvers', a liqueur with digestive properties based on 32 plants and herbs.

This is truly a city of contrasts where old and new sit comfortably side by side providing a wonderful mix. An added bonus is that the destination is within easy reach of the UK via the port of Zeebrugge.

With a wealth of things to see and do, Antwerp is an ideal location for a weekend break and somewhere that Napoleon, given his change of heart about the city's attributes, may have considered taking Josephine. And who knows, he may even have contemplated buying her one of those sparkling diamond rings...

TRAVEL FACTS

:: Belinda Szonert was a guest of Tourism Flanders and P&O Ferries, which runs daily overnight Hull-Zeebrugge crossings from £133/€169 each way for a car and two passengers sharing an en suite cabin (Antwerp is approximately one hour's drive from Zeebrugge). Foot passengers pay from £104/€132 single for two sharing en suite cabin. Mini-cruises start at £66/€84 per person return, sometimes with 'two for one' offers. P&O Ferries Dover-Calais crossings start at £25/€32 each way for car and up to nine passengers, for stays up to five days. P&O Ferries reservations: 00 44 (0)870 600 9955 and www.poferries.com

:: Antwerp has a wide range of accommodation, with double rooms and B&B in budget hotels from around £40/€51. Boutique hotels, like Hotel Julien, a converted townhouse, start at £120/€152, B&B. Double rooms at The Plaza Hotel, in the Diamond District by City Park, start around £90/€114.

:: For information about visiting Antwerp, contact Tourism Flanders on 00 44 (0)207 7307 7738 or go to their website: www.visitflanmders.co.uk. Useful websites: Tourism Flanders (www.visitflanders.co.uk and 00 44 (0)20 7307 7738); places to stay in Antwerp (www.antwerpen.be); Rubens House (www.rubenshuis.be); Royal Museum of Fine Arts (www.kmska.be).

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LIVE CONCERTS

Rui Reininho (Allgarve Edition) – August 23rd at Jardim de Alte in Loulé. Tickets: €20.

Sérgio Godinho – August 28th from 10.30 at Estoril Casino.

Mariza & Freinds (Allgarve Edition) – August 29th at Vale do Lobo. Tickets: €25.

FAIRS & FESTIVITIES

FATACIL – the major handicraft fair is back in Lagoa. Live events this year are: August 22nd: Íris. August 23rd: Luís Represas. August 24th: Anjos & Família Superstar. August 25th: Jorge Palma. August 26th: Tito Paris and Nancy Vieira. August 27th: Queen Tribute. August 28th: Pedro Abrunhosa. August 29th: Tony Carreira, August 30th: Xutos & Pontapés. August 31st: Elba Ramalho. Opening times: 4pm to 1am. Call 282 353 453.

Banho 29 – yearly traditional event on Cais da Solaria in Lagos in the evening on August 29th. Food, drink and live music on the beach, as well as fire-works.

7th FETAAL Fair – Algarve Traditions and skills fair from August 29th until 31st at precint of the sports club Estrela Desportiva in Bensafrim.

Handicrafts & Book Fair – until August 24th at Calçadão de Quarteira.

Book Fair – Portuguese book fair at Portimão riverside until August 24th.

Book Fair - Portuguese book fair in Lagos until August 24th.

5th Ria Festival – until August 25th from 8pm at Fuzeta. Visit www.fozdoeta.net

Regional sweet, fruit, nuts and drinks fair – until August 24th at Jardim Manuel Bivar in Faro near marina. Call 289 897 252.

Jorge Palma at FATACIL

7th FETAAL Fair

Banho 29

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Saturday, August 23rd – Quelfes, in Olhão
Sunday, August 24th – Lagos, Barão de São João
Sunday, August 24th – Monchique, rua D Francisco Gomes de Avelar

MARKETS

Saturday, August 23rd – Loulé, land near Nossa Senhora da Piedade road
Saturday, August 23rd – Tunes
Sunday, August 24th –Santa Catarina in Tavira
Sunday, August 24th – Alcoutim, Pereiro opposite chuch
Sunday, August 24th – Rogil in Aljezur near Parish Council building
Sunday, August 24th – Lagos, Odiáxere near Old Mill square
Monday, August 25th – Messines
Wednesday, August 27th – Quarteira, next to Filipe Jonas public gardens
Thursday, August 28th - Boliqueime

ON GOING EXHIBITIONS

ALGARVE

Until August 26th – 'O Ser e o Tempo' by **Teresa Cena** and **Ricardo do Vale** at Escola das Artes in Lagoa.
Until August 31st – Paintings by **A Moura** in Pêra at Urbanização Barrocal, Lote 59. Call 968 729 083.
Until September 5th – Paintings by **José Marreiro** at EMARP in Portimão. Call 282 400 260.
Until September 15th – Contemporary plastic art by **João Pedro Vale** at Cerro da Vila museum in Vilamoura.
Until September 1st – **Butterfly** exhibition at Slave market in Lagos.
Until September 10th – Lab Series by **Jorge Bandeira** at São José Convent in Lagoa. Call 282 380 434.
Until September 15th – Paintings by **Brian Mehl** at Escola das Artes in Lagoa. Gallery open from 9am to 12.30pm and 2pm to 5.30pm, closed on Saturdays, Sundays and public holidays.
Until September 15th – **Jardim Azul** at Sala Polivalente at São José Convent in Lagoa. Call 282 380 434.
Until September 16th – Collective exhibition in aid of Club Bus charity at Versus Café in Loulé. Call 289 103 773.
Until September 17th – **Miniature train** exhibition by ARCA at the Recreational Associaion and Culture of Amorosa in Messines. Entrance is free. Call 282 338 547.
Until September 27th – Opening party Saturday August 23rd at 6.30pm until 8.30pm. Joint exhibition of contemporary paintings Alma van Wilgenburg & Wendy Tate. Tickets €10 includes music with Manuela Lopes, canapes and Vida Nova Rose wine Telephone 912 737 762 or 918 980 199 Gallery - housed inside Boliqueime railway station - open 5 days per week from 11am until 5pm Closed on Mondays and Tuesdays.
Until September 30th – **Gerardo Burmester** at TREM gallery in Faro. Call 289 804 197.
Until October 10th – Paintings by **Jean-Marie Boomputte** at São Lourenço Cultural Centre. Call 289 395 475.

LISBON

Until August 30th – **Anna Taratiel** 'in between' exhibition at Zaum projects Contemporary Art gallery in Lisbon. Call 913 176 005.
Until August 31st – 'A Arte da Terra' is featuring an exhibition on the cockerels of Barcelos gallery located on Rua de Augusto Rosa, nº 40. Call 212 745 975.
Until August 31st – **A Três Mãos** at Hotel Villa Albatroz in Cascais. Call 214 863 410.
Until September 7th – **Los Silencios de Colón** sculptures at Estoril Casino. Call 214 667 700.
Until September 7th – **Pintura Naif** at Estoril Casino. Call 214 667 700.
Until September 28th – **José Saramago** and **Agostinho Santos** paintings and drawings at Museu Nacional da Imprensa in Lisbon, on Praça do Comercio in Lisbon. Entrance is free.

OPORTO

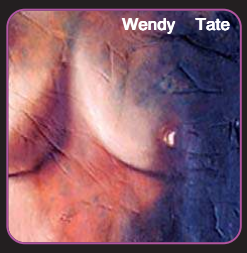
Until October 12th – **David Goldblatt**, Intersections Intersected at Museum Serralves in Oporto. Call 226 156 500.
Until November 2nd - **Todas as Histórias** film exhibition at Museu Serralves in Oporto. Call 226 156 500.
Until November 2nd – Cinematic photography by **Manoel de Oliveira** at Museu Serralves in Oporto. Call 226 156 500.

Jorge Bandeira

Jean-Marie Boomputte

O Ser e o Tempo

A Moura


Wendy Tate

Manoel de Oliveira

Send your exhibition listing to copy the-news.net with dates, name of the artists and exhibition location by Tuesday before publication.

events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

SHOWS

Ivan, The Jester

Rhythm of the Dance

Ivan, The Jester – until the end of the month at Vilamoura Casino. Tickets: €27 (happy dinner); €40 (touristic dinner) or €14 show and drink.

Mundo Latino – until the end of the month at Hotel Algarve Casino in Praia da Rocha at Aladdin salon. Tickets: €27 (happy dinner); €40 (touristic dinner) or €10 show and drink.

Jesus Christ Super Star – at Portimão arena until August 31st. Tickets: €15 - €30. Subtitles in English.

Rhythm of the Dance – authentic Irish dancing at Fàbrica do Inglês in Silves until August 31st. Call 282 440 480. See our readers offer on Algarve pages.

Tabú 'Nofit State'– Circus act from Britain at Belém Cultural Centre until August 31st. Tickets: €18 to €20.

LIVE MUSIC

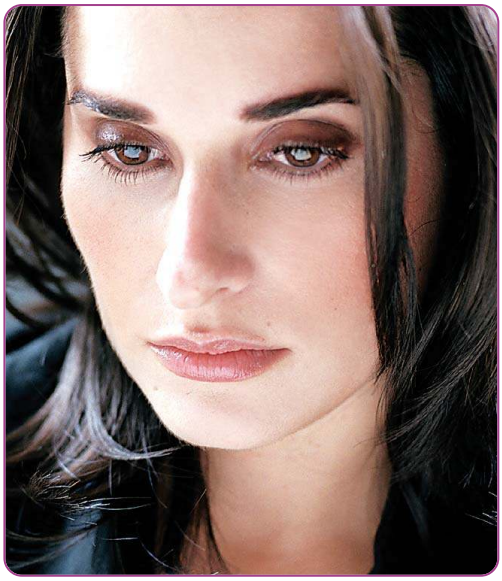
América Libre Band – August 23rd at Largo Engº Duarte Pacheco in Albufeira from 10pm.

Classical Guitar Recital – by Rui Mourinho on August 23rd at Albufeira Municipal Archaeology museum from 9.30pm.

Susana Travassos – August 23rd from 10pm at Teatro das Figuras in Faro. Tickets: €13 - €15. Call 289 888 100.

Ruben Diaz Ensemble – Irish music on August 27th at Lagos Cultural Centre from 10pm. Call 282 780 060.

Cristina Branco - tribute to Amália Rodrigues from 10pm at Lagos municipal auditorium. Call 282 780 060.



VISITS

Jewish Heritage Centre - Don't miss a visit to the Faro Jewish Heritage centre - the only remaining vestige of the 1st post inquisition Jewish Presence in Portugal – Open Weekdays 9h30am to 12h30pm.

Tel: FJH Centre: 289 829 525 or João (Guide) 936 394 488.

Visit www.farojewishheritagecentre.org

FASHION

Modalfa Fashion Dream – fashion casting at Albufeira Marina on August 22nd and at Praça da Pontinha in Faro on August 23rd.

Fashion show – see all the latest trends at Faro Forum shopping centre from 9.30pm.

Portimão fashion – fashion show by António Tenente, Nuno Gama, Stroytailers, Nuno Baltazar and Luís Onofre on August 23rd at Praia da Rocha in Portimão.

MUSIC EVENTS SOON

Your weekly guide to the best summer festivals coming your way...

Live Concerts

SEPTEMBER

João Pedro Pais – September 4th at Estoril Casino from 11.30pm. Entrance is free,

Madonna – September 14th at Lisbon ela Vista Park. Tickets: €60.

NOVEMBER

Peter Murphy – November 1st at Lisbon Coliseu and November 2nd at Oporto Coliseu.

Fat Freddy's Drop – November 7th at Cascais, Carcavelos at Quinta dos Lombos from 9pm. Tickets: €23.

DECEMBER

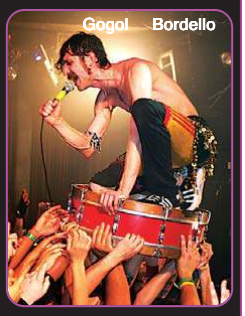
Gogol Bordello – December 10th at Lisbon Praça de Touros do Campo Pequeno.

FEBRUARY

Giselle – February 6th & 7th at Lisbon Coliseu from 9.30pm. Tickets: €20 - €35.

Madonna

Peter Murphy


Gogol Bordello

TICKETS Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324

Will they see YOU there?

The May International Algarve Fair at Fatacil Lagoa was the most successful to date.

Among many tributes received, Lagoa's Mayor said it was "extremely well organised and dynamic" and was a "good blend of various communities of different nationalities".

In the completed surveys, visitors told us they most enjoyed the entertainment and variety of activities, the little circus and music. They loved the crafts the variety of stands, the show gardens, choice of restaurants and the 'kid's stuff'.

They enjoyed the cars, bikes, pet shop and various beauty treatments. Most said they just enjoyed everything and there were many comments about the atmosphere, the friendliness and warmth of the people.

Exhibitors were also asked to complete surveys and a massive 86.8% voted the fair a total success.

Even greater things are being planned for the next fair - Make sure YOUR company is represented!

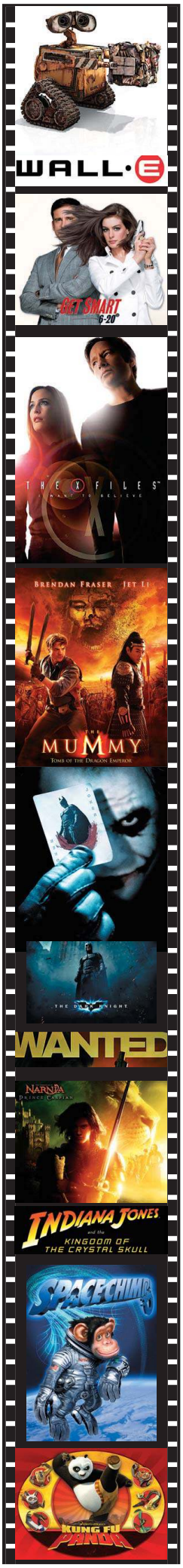
BOOK NOW, FOR THE BEST STANDS

INTERNATIONAL ALGARVE FAIR

20th & 21st September
Fatacil, LAGOA
Hotline: 282 380 317
algarvefair.com

Organised by: The Portugal News

Supported by: Lagoa algarve, dq, World Telecom, ONE fone, kiss



ALGARVE

SBC FORUMALGARVE
TEL: 289 887 212
21 AUG-27 AUG

1
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
17.10-19.40-22.10-00.40
Space Chimps
Animation
(11.20 Sat & Sun) 13.10-15.10
2
Batman: The Dark Knight
Christian Bale, Heath Ledger
15.45-19.05-22.20
Kung Fu Panda
Animation
PV: (11.30 Sat & Sun) 13.35
3
WALL•E
Animation OV
(12.00 Sat & Sun) 14.45-16.50-19.15-21.40-00.05
4
Superhero Movie
Drake Bell, Sara Paxton
13.40-15.45-17.50-19.55-22.00-00.10
5
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
(11.10 Sat & Sun) 13.50-16.30-19.10-21.50-00.30
6
Get Smart
Steve Carell, Anne Hathaway
16.25-19.00-21.30-00.00
Kung Fu Panda
Animation
OV: (12.10 Sat & Sun) 14.15
7
Wanted
James McAvoy, Angelina Jolie
23.45
WALL•E
Animation PV
(11.25 Sat & Sun) 13.45-16.20-18.55-21.20
8
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley
PV: (12.30 Sat & Sun) 15.35
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
18.45
Hancock
Will Smith, Jason Bateman
21.45
Batman: The Dark Knight
Christian Bale, Heath Ledger
00.00
9
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
17.00-22.30-00.45
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
13.55
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley
OV: (10.50 Sat & Sun) 19.25

LUSOMUNDO VILAMOURA
TEL: 289 302 277
21 AUG-27 AUG

WALL•E
Animation PV
15.30
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
18.30-21.30-00.00

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
21 AUG-27 AUG

1
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
13.10-15.50-18.20-21.10-23.35
2
WALL•E
Animation PV
12.50-15.00-17.15-19.30-21.50-00.05
3
Batman: The Dark Knight
Christian Bale, Heath Ledger
12.40-15.35-18.30-21.25-00.20
4
WALL•E
Animation OV
13.00-15.10-17.25-19.40-22.00-00.15
5
Kung Fu Panda
Animation PV
13.35-16.00-18.10
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley
21.00-00.00
6
Get Smart
Steve Carell, Anne Hathaway
13.50-16.30-19.00-21.35-23.55
7
Superhero Movie
Drake Bell, Sara Paxton
13.20-15.20-17.20-19.20-21.40-23.50
8
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
13.30-16.10-18.50-21.30-00.10
9
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
13.40-16.20-18.40-21.20-23.40

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
21 AUG-27 AUG

1
WALL•E
Animation PV
13.00-15.05-17.20-19.30-21.40-23.55
2
Superhero Movie
Drake Bell, Sara Paxton
13.10-15.10-17.10-19.20-22.00-00.20
3
Space Chimps
Animation PV
13.20-15.50
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
18.20-21.50-00.10
4
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
13.50-16.20-18.50-21.20-23.50
5
Get Smart
Steve Carell, Anne Hathaway
13.40-16.10-18.40-21.10-23.40
6
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
13.30-16.00-18.30-21.30-00.00

CENTRE

LUSOMUNDO ALFAS DUPLEX (ÉVORA)
TEL: 707 246362
21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
WALL•E
Animation PV
Tropa de Elite
Wagner Moura, André Ramiro

LUSOMUNDO ALMADAFORUM
TEL: 707 246362
21 AUG-27 AUG

The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
WALL•E
Animation PV
Get Smart
Steve Carell, Anne Hathaway
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Kung Fu Panda
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Tropa de Elite
Wagner Moura, André Ramiro
Space Chimps
Animation PV
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Superhero Movie
Drake Bell, Sara Paxton
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley OV & PV
Wanted
James McAvoy, Angelina Jolie
Hancock
Will Smith, Jason Bateman
Batman: The Dark Knight
Christian Bale, Heath Ledger

OV = English Version
PV = Portuguese Version

LUSOMUNDO ALVALÁXIA
TEL: 21 754 9000
21 AUG-27 AUG

The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Get Smart
Steve Carell, Anne Hathaway
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Superhero Movie
Drake Bell, Sara Paxton
Wanted
James McAvoy, Angelina Jolie
WALL•E
Animation PV Digital
Batman: The Dark Knight
Christian Bale, Heath Ledger
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Kung Fu Panda
Animation PV
Hancock
Will Smith, Jason Bateman
Tropa de Elite
Wagner Moura, André Ramiro
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley OV
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall

LUSOMUNDO AMOREIRAS
TEL: 707 246362
21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Get Smart
Steve Carell, Anne Hathaway
WALL•E
Animation PV
Kung Fu Panda
Animation PV
Wanted
James McAvoy, Angelina Jolie
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Batman: The Dark Knight
Christian Bale, Heath Ledger

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362
21 AUG-27 AUG

WALL•E
Animation PV & OV
Batman: The Dark Knight
Christian Bale, Heath Ledger
Superhero Movie
Drake Bell, Sara Paxton
Get Smart
Steve Carell, Anne Hathaway
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Kung Fu Panda
Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

LUSOMUNDO COLOMBO
TEL: 707 246362
21 AUG-27 AUG

Kung Fu Panda
Animation PV
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
Space Chimps
Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Get Smart
Steve Carell, Anne Hathaway
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
WALL•E
Animation PV & OV
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley PV
Wanted
James McAvoy, Angelina Jolie
Batman: The Dark Knight
Christian Bale, Heath Ledger
Superhero Movie
Drake Bell, Sara Paxton

LUSOMUNDO DOLCE VITA MIRAFLORES
TEL: 707 246362
21 AUG-27 AUG

WALL•E
Animation PV
Get Smart
Steve Carell, Anne Hathaway
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

UCI CINEMAS EL CORTE INGLÉS
TEL: 707 23 22 21
21 AUG-27 AUG

Made of Honor
Patrick Dempsey, Michelle Monaghan
Chapter 27
Jared Leto, Lindsay Lohan
Aquele Querido Mês de Agosto
Sónia Bandeira, Fábio Oliveira
Batman: The Dark Knight
Christian Bale, Heath Ledger
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Get Smart
Steve Carell, Anne Hathaway
WALL•E
Animation PV & OV
Wanted
James McAvoy, Angelina Jolie
Kung Fu Panda
Animation OV & PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Superhero Movie
Drake Bell, Sara Paxton
Tropa de Elite
Wagner Moura, André Ramiro

LUSOMUNDO FORUM MONTIJO
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21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
WALL•E
Animation PV & OV
Superhero Movie
Drake Bell, Sara Paxton
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Get Smart
Steve Carell, Anne Hathaway

UCI CINEMAS FREEPORT
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21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Get Smart
Steve Carell, Anne Hathaway
Superhero Movie
Drake Bell, Sara Paxton
Batman: The Dark Knight
Christian Bale, Heath Ledger
WALL•E
Animation PV
Kung Fu Panda
Animation PV
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
Wanted
James McAvoy, Angelina Jolie
The Chronicles of Narnia: Prince Caspian OV
Ben Barnes, William Moseley
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Space Chimps
Animation PV
Hancock
Will Smith, Jason Bateman
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

LUSOMUNDO ODIVELAS PARQUE
TEL: 707 246362
21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Superhero Movie
Drake Bell, Sara Paxton
WALL•E
Animation PV
Wanted
James McAvoy, Angelina Jolie
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Kung Fu Panda
Animation PV
Batman: The Dark Knight
Christian Bale, Heath Ledger
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Get Smart
Steve Carell, Anne Hathaway

LUSOMUNDO OEIRAS PARQUE
TEL: 707 246362
21 AUG-27 AUG

Kung Fu Panda
Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Superhero Movie
Drake Bell, Sara Paxton
WALL•E
Animation PV
Wanted
James McAvoy, Angelina Jolie
Get Smart
Steve Carell, Anne Hathaway
Batman: The Dark Knight
Christian Bale, Heath Ledger

LUSOMUNDO TORRES VEDRAS
TEL: 707 246362
21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Kung Fu Panda
Animation Digital PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Get Smart
Steve Carell, Anne Hathaway
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
WALL•E
Animation PV

LUSOMUNDO VASCO DA GAMA
TEL: 707 246362
21 AUG-27 AUG

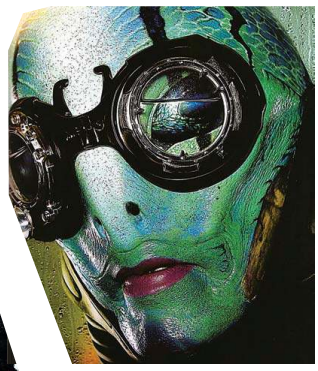
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Superhero Movie
Drake Bell, Sara Paxton
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
WALL•E
Animation PV Digital
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Get Smart
Steve Carell, Anne Hathaway

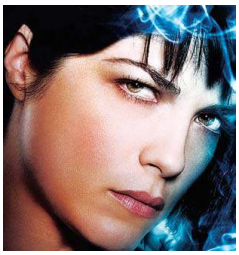
OV = Original Version
PV = Portuguese Version

With a signature blend of action, humour and character-based spectacle, the saga of the world's toughest, kitten-loving hero from Hell continues to unfold in *Hellboy 2: The Golden Army*. Bigger muscles, badder weapons and more ungodly villains arrive in an epic vision of imagination from Oscar-nominated director Guillermo del Toro (*Pan's Labyrinth*, *Hellboy*, *Blade II*).

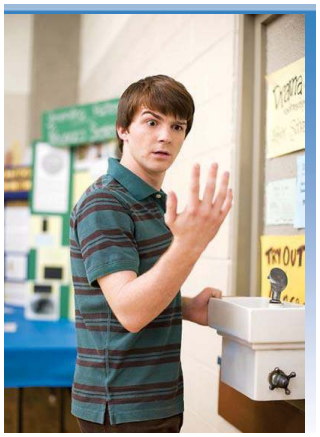
After an ancient truce existing between humankind and the invisible realm of the fantastic is broken, hell on Earth is ready to erupt. A ruthless leader who treads the world above and the one below defies his bloodline and awakens an unstoppable army of creatures. Now, it's up to the planet's toughest, roughest superhero to battle the merciless dictator and his marauders. He may be red. He may be horned. He may be misunderstood. But when you need the job done right, it's time to call in Hellboy (Ron Perlman).

Along with his expanding team in the Bureau for Paranormal Research and Development (BPRD) - pyrokinetic girlfriend Liz (Selma Blair), aquatic empath Abe (Doug Jones) and protoplasmic mystic Johann - the BPRD will travel between the surface strata and the unseen magical one, where creatures of fantasy become corporeal. And Hellboy, a creature of two worlds who's accepted by neither, must choose between the life he knows and an unknown destiny that beckons him.





How many superheroes does it take to save the world? The creators of *The Naked Gun* and *Scary Movie* answer this question in hysterical fashion with the uproarious comedy *Superhero Movie*. Meet Rick Riker. He's young, he's cool and he's got superpowers. Now, if he only knew how to use them... but the world is in danger and no one is safe when the hilarious cast of Drake Bell, Leslie Nielsen, Tracy Morgan, Pamela Anderson and many others, take aim at some of the biggest blockbusters of our time including *Spider-Man*, *Batman*, *X-Men*, and *Fantastic Four*, to name a few. On August 21st, learning to fly, spinning a web and busting a gut has never been this much fun.



Rick Riker (Drake Bell) is a typical teenager, except that his luck is worse then most. Basically, he's a loser. He has been in love with beautiful Jill (Sara Paxton) for years, but is sure she doesn't know he exists. But Rick's life changes dramatically when a genetically altered dragonfly bites him during a school field trip. Rick develops superhuman abilities like incredible strength and armoured skin.

Rick isn't sure he has what it takes to be a superhero, nevertheless, he decides to use his new powers for good and becomes a costumed crime fighter known as "The Dragonfly". However, standing in the way of his destiny is the villainous Lou Landers (Christopher McDonald). After an experiment gone wrong, Lou develops the power to steal a person's life force and in a dastardly quest for immortality becomes the super villain, "The Hourglass". With unimaginable strength, unbelievable speed and deeply uncomfortable tights, will the Dragonfly be able to stop the villainous sands of The Hourglass and save the world? More importantly, will we stop laughing long enough to notice?

Marion Ross and Leslie Nielsen appear as Rick's Aunt Lucille and Uncle Albert, and a multitude of stars appear onscreen, albeit briefly, including Tracy Morgan, Regina Hall, Simon Rex, Kevin Hart, Craig Bierko, Pamela Anderson, Robert Hays, and Nicole Sullivan. Miles Fisher is particularly amusing as Tom Cruise, and Brent Spiner plays Hourglass's sidekick.

Stick around after the credits start rolling for some additional footage.

CELEB NEWS

Robert Downey Jr. was so desperate to work with his *Tropic Thunder* co-stars **Ben Stiller** and **Jack Black** he was willing to have his reputation "destroyed" by playing an African-American in the film. The *Iron Man* star courts controversy by playing a Caucasian actor who dyes his skin dark in the new **Ben Stiller** film, and admits the big risk was worth it. He insists the opportunity to work with Stiller and Black kept him involved in the project. Downey Jr. says, "I felt like, `I want to work with Ben (Stiller) and Jack (Black), but my way into the movie is I've got to be tarred and feathered for three months and maybe have my reputation destroyed.' That was my fear. "Then we started doing make-up tests, and it was like Mr. Potato Face: `Can we take that wig off and put these teeth in? Now put this on. Now put that on.' But by the time we were finally in rehearsals, I knew I had it". «»» **Charlie Sheen** is the highest paid actor on U.S. TV, pocketing a whopping $825,000 per episode for his hit comedy *Two And A Half Men*, according to a new poll. The star's huge earnings includes profits for ownership rights of the program. Sheen is way ahead of his nearest contender **William Petersen**, who takes home $600,000 per show for his role as Gil Grissom on *CSI: Crime Scene Investigation*. Actress **Mariska Hargitay** is the best paid female in a prime-time TV drama - she earns an estimated $400,000 for every *Law + Order: Special Victims Unit (SVU)* episode she films. The cast of *The Simpsons* are also well-paid - each voice actor receives $400,000 per episode. Others on the *TV Guide* magazine list include American Idol judge **Simon Cowell**, who gets $50 million per season of the talent show, and *Family Guy* creator **Seth MacFarlane**, whose five-year deal with TV network Fox is worth $100 million. But the highest paid TV celebrity by far is chat show queen **Oprah Winfrey** - her annual salary from her talkshow alone is $385 million. «»» **Angelina Jolie** plans to build an AIDS clinic in Ethiopia - so her daughter **Zahara** can manage it when she is older. The actress will make a trip to her adoptive daughter's native country to discuss building the medical centre as part of the work of the Jolie-Pitt Foundation, a charity she set up with her partner **Brad Pitt** in 2006. She tells Britain's *Hello* magazine, "We will be building a TB (tuberculosis)/AIDs clinic in Ethiopia. One we plan for Zahara to take over when she is older". Jolie also hopes to take son Maddox to his native Cambodia as part of a separate charity trip the family is planning once newborn twins Knox and Vivienne Marcheline are more settled. She adds, "The next trip for our foundation will most likely be to Asia to follow up on the situation in Burma and our work in Cambodia. The boys have been asking to go so we will take them when Knox and Viv are a little bit older". «»» Hollywood actor **Mark Wahlberg** Is set to return to the small screen when he makes a rare cameo appearance on his hit show *Entourage*. The 37-year-old executive produces the series - based around his own life as a Hollywood actor. And now he'll join the all-star cast including **Adrian Grenier**, **Kevin Dillon**, **Kevin Connolly** and **Jeremy Piven** on screen when its fifth season premieres in the U.S. this Autumn. Wahlberg has signed on to appear in three episodes of the comedy. He says, "I did one other cameo in the pilot (first episode) but I didn't get to do a scene with Jeremy Piven. This time it's me and Piven going at it, so it was fun". «»» **Angelina Jolie** and **Brad Pitt** were so shocked to find out they were expecting twins, they burst out laughing. The Hollywood superstars welcomed Knox Leon and Vivienne Marcheline in Nice, France last month. And the pair admit they couldn't believe the news when they first found out Jolie was carrying twins, as they weren't expecting to add two more tots to their bustling brood. Jolie says, "We were in shock and could not stop laughing". Pitt adds, "We bust into hysterics. My sister had made a joke about twins literally the night before, because my grandparents and sis both had twins. Angie was on the table during the sonogram, and we were in hysterics. We didn't see this one coming". The actor also says he was emotionally moved as he cut the babies' umbilical cords at the birth, adding: "I felt an awe, words fail to describe". «»» *Into The Wild* star **Emile Hirsch** has signed to star in a new movie about the legendary Woodstock music festival. As the fabled 1969 peace and love event prepares to celebrate its 40th anniversary, Hirsch has joined **Imelda Staunton** and **Eugene Levy** in *Taking Woodstock*. The film, based on the memoir of Elliott Tiber, is expected to be released in 2009. Tiber's upstate New York motel was used as a base for Woodstock festival organizers. «»» **Angelina Jolie** has dismissed reports she underwent fertility treatment to conceive her newborn twins with partner **Brad Pitt**. The couple was rumoured to have turned to in vitro fertilisation (IVF) to help them expand their brood with twins Knox Leon and Vivienne Marcheline, who were born last month. But Jolie, 33, tells British magazine *Hello!*, "If they had been conceived through IVF, we would have been happy to discuss it. But we have been fortunate never to have had fertility problems". The twins became the fifth and six children to join the Jolie-Pitt clan. They are already parents to adopted kids Maddox, six; Pax, four; Zahara, three, and biological daughter Shiloh, two. «»»

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
21 AUG-27 AUG

Superhero Movie
Drake Bell, Sara Paxton
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Wanted
James McAvoy, Angelina Jolie
Aquele Querido Mês de Agosto
Sónia Bandeira, Fábio Oliveira
The Chronicles of Narnia: Prince Caspian OV
Ben Barnes, William Moseley
Surveillance
Bill Pullman, Julia Ormond
Made of Honor
Patrick Dempsey, Michelle Monaghan
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Joy Division
Documentary
Space Chimps - Animation PV
Hancock
Will Smith, Jason Bateman
Kung Fu Panda
Animation OV & PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Batman: The Dark Knight
Christian Bale, Heath Ledger
WALL•E
Animation PV & OV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Get Smart
Steve Carell, Anne Hathaway
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Tropa de Elite
Wagner Moura, André Ramiro
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn

LUSOMUNDO FORUM AVEIRO
TEL: 707 246362
21 AUG-27 AUG

Superhero Movie
Drake Bell, Sara Paxton
Hancock
Will Smith, Jason Bateman
Kung Fu Panda
Animation PV
The Chronicles of Narnia: Prince Caspian OV
Ben Barnes, William Moseley
Get Smart
Steve Carell, Anne Hathaway
I Served the King of England
Ivan Barnev, Oldrich Kaiser
Batman: The Dark Knight
Christian Bale, Heath Ledger
WALL•E
Animation PV

LUSOMUNDO GLICÍNIAS
TEL: 707 246362
21 AUG-27 AUG

The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Kung Fu Panda
Animation Digital PV
Wanted
James McAvoy, Angelina Jolie
Batman: The Dark Knight
Christian Bale, Heath Ledger
WALL•E
Animation Digital PV
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

LUSOMUNDO DOLCE VITA COIMBRA
TEL: 707 246362
21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Tropa de Elite
Wagner Moura, André Ramiro
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Batman: The Dark Knight
Christian Bale, Heath Ledger
WALL•E
Animation Digital PV
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
The Chronicles of Narnia: Prince Caspian OV & PV
Ben Barnes, William Moseley
Space Chimps
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Aquele Querido Mês de Agosto
Sónia Bandeira, Fábio Oliveira
Kung Fu Panda
Animation PV
Made of Honor
Patrick Dempsey, Michelle Monaghan

LUSOMUNDO FORUM COIMBRA
TEL: 707 246362
21 AUG-27 AUG

Wanted
James McAvoy, Angelina Jolie
Kung Fu Panda
Animation Digital PV
Batman: The Dark Knight
Christian Bale, Heath Ledger
Get Smart
Steve Carell, Anne Hathaway
WALL•E
Animation PV
Superhero Movie
Drake Bell, Sara Paxton
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

LUSOMUNDO FOZ PLAZA
TEL: 707 246362
21 AUG-27 AUG

The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
WALL•E
Animation Digital PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Get Smart
Steve Carell, Anne Hathaway

LUSOMUNDO FERRARA PLAZA
TEL: 707 246362
21 AUG-27 AUG

Tropa de Elite
Wagner Moura, André Ramiro
WALL•E
Animation Digital PV
Space Chimps
Animation PV
Batman: The Dark Knight
Christian Bale, Heath Ledger
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson

LUSOMUNDO DOLCE VITA DOURO
TEL: 707 246362
21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Batman: The Dark Knight
Christian Bale, Heath Ledger
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Get Smart
Steve Carell, Anne Hathaway
WALL•E
Animation Digital PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Space Chimps
Animation PV
Tropa de Elite
Wagner Moura, André Ramiro

OV = English Version
PV = Portuguese Version

LUSOMUNDO FORUM VISEU
TEL: 707 246362
21 AUG-27 AUG

The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Get Smart
Steve Carell, Anne Hathaway
WALL•E
Animation PV
Kung Fu Panda
Animation PV
Made of Honor
Patrick Dempsey, Michelle Monaghan
Batman: The Dark Knight
Christian Bale, Heath Ledger
Superhero Movie
Drake Bell, Sara Paxton

LUSOMUNDO PALÁCIO DO GELO
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21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Batman: The Dark Knight
Christian Bale, Heath Ledger
Aquele Querido Mês de Agosto
Sónia Bandeira, Fábio Oliveira
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
WALL•E
Animation Digital PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

LUSOMUNDO FORUM VIZELA
TEL: 707 246362
21 AUG-27 AUG

WALL•E
Animation PV
Tropa de Elite
Wagner Moura, André Ramiro
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

LUSOMUNDO BRAGA PARQUE
TEL: 707 246362
21 AUG-27 AUG

The Chronicles of Narnia: Prince Caspian PV
Ben Barnes, William Moseley
Hancock
Will Smith, Jason Bateman
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Wanted
James McAvoy, Angelina Jolie
WALL•E
Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Get Smart
Steve Carell, Anne Hathaway
Kung Fu Panda
Animation Digital PV
Tropa de Elite
Wagner Moura, André Ramiro
Batman: The Dark Knight
Christian Bale, Heath Ledger

LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
21 AUG-27 AUG

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Batman: The Dark Knight
Christian Bale, Heath Ledger
WALL•E
Animation PV
Get Smart
Steve Carell, Anne Hathaway
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
The Chronicles of Narnia: Prince Caspian PV
Ben Barnes, William Moseley
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Kung Fu Panda - Animation PV
Wanted
James McAvoy, Angelina Jolie

LUSOMUNDO MAIA SHOPPING
TEL: 707 246362
21 AUG-27 AUG

Superhero Movie
Drake Bell, Sara Paxton
WALL•E
Animation Digital PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Get Smart
Steve Carell, Anne Hathaway
Kung Fu Panda
Animation PV
Batman: The Dark Knight
Christian Bale, Heath Ledger

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
21 AUG-27 AUG

Batman: The Dark Knight
Christian Bale, Heath Ledger
Get Smart
Steve Carell, Anne Hathaway
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Superhero Movie
Drake Bell, Sara Paxton
Kung Fu Panda
Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
WALL•E
Animation PV & OV

LUSOMUNDO GAIA SHOPPING
TEL: 707 246362
21 AUG-27 AUG

Wanted
James McAvoy, Angelina Jolie
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
WALL•E
Animation Digital PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Superhero Movie
Drake Bell, Sara Paxton
Get Smart
Steve Carell, Anne Hathaway
Batman: The Dark Knight
Christian Bale, Heath Ledger
Kung Fu Panda
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

LUSOMUNDO PARQUE NASCENTE
TEL: 707 246362
21 AUG-27 AUG

Superhero Movie
Drake Bell, Sara Paxton
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Get Smart
Steve Carell, Anne Hathaway
WALL•E
Animation Digital PV
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Wanted
James McAvoy, Angelina Jolie
Kung Fu Panda
Animation PV
Tropa de Elite
Wagner Moura, André Ramiro
The Chronicles of Narnia: Prince Caspian PV
Ben Barnes, William Moseley
The Happening
Mark Wahlberg, Zooey Deschanel
Batman: The Dark Knight
Christian Bale, Heath Ledger
Hancock
Will Smith, Jason Bateman

Happy 60th birthday grandad!!

Love from your sons, grandchildren and wife

BBC1

7.00 Olympic Breakfast. Including diving, canoe-kayak flatwater and mountain biking. (T) 9.00 Olympics 2008. The penultimate day of the Games continues. (T) 12.00 Olympics 2008. Including athletics, diving and boxing. (T) 4.30 Final Score. (T)

5.15 BBC News; Regional News; Weather. (T)

5.30 Olympics 2008: Games Today. Gabby Logan introduces highlights from the 15th and penultimate day of competition in Beijing, including the last athletics finals, boxing, diving and football. Digital viewers can access additional interactive highlights. (T)

6.30 Last Choir Standing. The four remaining choirs compete to reach the final. (T)

7.30 The National Lottery: This Time Tomorrow. Tess Daly hosts the quiz show in which contestants vie for the chance to win a holiday of a lifetime. Guest Ed Coode draws the Thunderball, Dream Number and Lotto. Last in series. (T)

8.20 Last Choir Standing. With one week remaining until the Grand Final, the remaining four choirs anxiously await the results of the public phone-in. The two groups with the least votes once again face a tension-filled sing-off, with judges Russell Watson, Sharon D Clarke and Suzi Digby deciding which of them will proceed through to the last round. Grammy-nominated singer-songwriter Josh Groban also performs in the studio. (T)

8.45 The Inspector Lynley Mysteries. When the body of a woman is found, all evidence points to suicide - but Havers is adamant foul play has occurred. Reinstated to the rank of Detective Sergeant and paired once more with Lynley, she sets out to uncover the mysteries surrounding the victim. The trail leads the pair to an exclusive club where Havers goes undercover to delve beneath the respectable surface and find the killer. Jenny Agutter guest stars, with Nathaniel Parker and Sharon Small. (R) (T)

10.15 BBC News; Weather; (T) National Lottery Update. (T)

10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including Stoke City v Aston Villa at the Britannia Stadium. This is the first fixture between the two Midlands sides in 20 years and the hosts are sure to be fired up for their first home game of the season. Plus, action from Liverpool's clash with Middlesbrough at Anfield, Fulham against Arsenal at Craven Cottage and Hull City's trip to Ewood Park to face Blackburn Rovers. (T)

11.50 BBC News. (T)

12.15 Olympics 2008. The men's marathon; (T) Weatherview. (T) 2.50 BBC News. (T)

Pick of the Day

Last Choir Standing (BBC1, 6.30pm)
Admittedly, the first few weeks of this show did much the same thing to the world of quality music as a foot does to a shoe, but now we're in the latter stages, it's the only place to be if you're searching for some true musical and choral ability. The four remaining choirs perform live in the studio tonight, all desperate to secure a place in next week's grand finale and, ultimately, to be declared the Last Choir Standing. From the 60 choirs that auditioned at Cadogan Hall, only the best now remain and they have to impress both the judges and the viewers at home if they are to progress further. One choir will be waving goodbye to the competition tonight, while the remaining three will battle it out again in next week's final show. Myleene Klass and Nick Knowles host, with help from judges Russell Watson, Sharon D Clarke and Suzi Digby. Viewers can vote for their favourite choir after the main show. In the results show on Sunday night, the two choirs with the most votes will automatically progress to the live final. The two remaining choirs will perform again. The judges will then decide which choir deserves to reach the final, and which choir will be going home.

ITV1

5.00 CITV: Jim Jam & Sunny. (T) 5.10 Jim Jam & Sunny. (T) 5.20 Jim Jam & Sunny. (T) 5.35 Jim Jam & Sunny. (T) 5.45 Jim Jam & Sunny. (T) 6.00 GMTV. 9.25 CITV: Meg & Mog. (R) (T) 9.30 Meg & Mog. (R) (T) 9.35 Coronation Street. (T) 11.50 ITV News and Weather. (T) 11.55 London Today; Weather. (T) 12.00 F1: European Grand Prix Qualifying. The battle for pole position at the Valencia Street Circuit. (T) 2.30 FILM: Avalanche Express (1979). Espionage thriller, starring Lee Marvin. (T) 4.00 FILM: Goldfinger (1964). James Bond adventure, starring Sean Connery. (T)

6.00 London Tonight; Weather. (T)

6.10 ITV News and Weather. (T)

6.30 Funniest Ever You've Been Framed! Featuring beautiful babies, dotty dogs and holiday hiccups. Narrated by Harry Hill. (R) (T)

7.30 The X Factor. The audition tour continues in Birmingham, with Simon Cowell, Louis Walsh, Dannii Minogue and Cheryl Cole making or breaking the dreams of another batch of aspiring pop stars. Presenter Dermot O'Leary offers the hopefuls words of support and provides a shoulder to cry on for those who fail to meet the judges' exacting standards. (T)

8.30 Who Wants to Be a Millionaire? Celebrity. Rock Rivals co-stars Michelle Collins and Sean Gallagher take to the hotseat to raise money for their selected charities - the theatre company Chickenshed, and animal protection organisation WSPA, while radio co-presenters Johnny Vaughan and Denise Van Outen try to win funds for Capital Radio's Help a London Child which provides financial support to London's less privileged children. Chris Tarrant hosts. (T)

9.30 FILM: The Thomas Crown Affair (1999). A thrill-seeking millionaire with a taste for cat burglary meets his match in a cunning female insurance investigator. Crime drama, starring Pierce Brosnan and Rene Russo. (T)

11.25 ITV News and Weather; Weather. (T)

11.40 That's What I Call Television. Fern Britton and Julian Clary present a celebration of TV programmes, theme tunes and adverts from the 1970s and 1980s. Wish You Were Here? presenter Judith Chalmers shares her memories of the travel series and The Good Life stars Richard Briers and Felicity Kendal are reunited. Plus, Crossroads actors Jane Rossington (Jill), Tony Adams (Adam), Paul Henry (Benny) and Susan Hanson (Miss Diane) check back into the soap motel. (R) (T)

12.40 Bingo Night Live. 1.50 Nightwatch with Steve Scott: Emergency. (R) (T) 2.45 FILM: The Graduate (1967). Oscar-winning romantic comedy, starring Dustin Hoffman. (T) 4.30 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 Tikkabilla; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Watch My Chops. (R) (T) 7.15 Trollz. (R) (T) 7.35 Zombie Hotel. (R) (T) 8.00 Only in America. (R) (T) 8.30 The Secret Show; (R) (T) Bernard. (R) (T) 9.00 Help! Teach Is Coming to Stay. (T) 10.00 50/50; (R) (T) Prank Patrol Pocketsize. (T) 10.30 The Slammer. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Eliot Kid. (R) (T) 11.45 Sportsround. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Coast. (T) 1.10 Animal Park. (T) 1.40 FILM: Exodus (1960). Fact-based epic, starring Paul Newman. (T) 5.00 Britain from Above. (R) (T) 6.00 Coast. (R) (T) 7.00 Dad's Army. Pike breaks down in Captain Mainwaring's spanking new staff car during a trip to the cinema with his girlfriend Sylvia. (R) (T) 7.30 BBC Proms 2008. The National Youth Orchestra of Great Britain perform three American pieces. (T) 9.30 Have I Got Old News for You. Alexander Armstrong guest hosts. (R) (T) 10.00 Mock the Week. David Mitchell and Lucy Porter join regular panellists Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons in the topical comedy quiz show, hosted by Dara O'Briain. (R) (T) 10.30 Pop Britannia: BBC Four on BBC Two. (T) 11.30 Comedy Connections. (R) (T) 12.10 FILM: Jay and Silent Bob Strike Back (2001). Comedy, starring Jason Mewes. (T) 1.45 Arrested Development. (R) (T) 2.10 Arrested Development. (R) (T) 2.30 BBC News. (T) 2.50 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 9.00 T4: Transmission. (R) (T) 9.30 T4: Je Suis un Rock Star. (T) 10.00 T4: Big Brother. (R) (T) 11.00 T4: Big Brother. (R) (T) 11.30 T4: Friends. (R) (T) 12.00 T4: McFly: Video Exclusive. 12.05 T4: Reaper. Sam faces an opponent with electric superpowers. (R) (T) 1.05 T4: Scrubs. (T) 1.30 T4: Scrubs. (T) 2.00 Channel 4 Racing from Goodwood, Newmarket and Beverley. Including the 3.10 totesport.com Celebration Mile (1m). (T) 4.00 A Place in the Sun. (R) (T) 4.30 Supernanny USA. (T) 5.25 FILM: Carry On Screaming (1966). Horror spoof, starring Kenneth Williams. (T) 7.10 Channel 4 News. (T) 7.30 Life After People. Geologists, climatologists and archaeologists give their predictions about what Earth might be like after the human race has died out and which species may survive in those conditions. Visual effects of major cities and the planet's new landscapes reveal how most remnants of society are likely to vanish within a few thousand centuries. (R) (T) 9.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 10.00 FILM: Bedazzled (2000). The Devil appears to computer buff Brendan Fraser and offers to help him attain his dream girl - but he soon regrets accepting. Engaging comedy, also starring Elizabeth Hurley. (T) 11.45 4Music: Live from Abbey Road. (T) 12.50 Terra Firma. (T) 1.20 Big Brother Live. 4.20 St Elsewhere. (R) (T) 5.10 Salvage Squad. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Harry and His Bucket Full of Dinosaurs. (R) (T) 7.15 The Save-Ums! (R) (T) 7.25 Angels of Jarm. (R) (T) 7.35 Franny's Feet. (R) (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.05 Little Princess. (R) (T) 8.20 Miss Spider's Sunny Patch Friends. (R) (T) 8.40 The Mr Men Show. (R) (T) 8.55 The Mr Men Show. (R) (T) 9.10 Rupert Bear. (R) (T) 9.25 Animal Families. (R) (T) 9.40 The Secret of Eel Island. (R) (T) 9.50 Little Lodgers. (R) (T) 10.00 Britain's Strongest Man. (R) (T) 11.00 Superstars. (R) (T) 12.00 Big, Bigger, Biggest. (R) (T) 1.00 Zoo Days. (T) 1.20 Monkey Life. (R) (T) 1.50 FILM: Jane Doe: The Wrong Face (2005). Thriller, starring Lea Thompson. (T) 3.35 FILM: Back to the Secret Garden (2000). Magical drama, starring Camilla Belle. (T) 5.40 five news and sport. (T) 5.55 FILM: Agent Cody Banks (2003). Espionage adventure, starring Frankie Muniz. (T) 7.35 NCIS. The team investigate a suspected terrorist attack following the death of a Marine colonel in an explosion. (R) (T) 8.30 NCIS. A man falls to his death from a hotel balcony and the team discover he was a former Marine who had been homeless since his discharge. (R) (T) 9.30 CSI: Crime Scene Investigation. A teenager saving money to fund a sex change is found stabbed and hanging from a tree. Meanwhile, Ronnie is excited at the possibility that her latest case could be a Sixties Mob hit. (R) (T) 10.30 Law & Order: Criminal Intent. (R) (T) 11.30 FBI Files. (R) (T) 12.30 Quiz Call. 4.30 Lemur Island. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. (R) (T)

LOCAL

RTP1
0700 Olympics 0800 Bom Dia Portugal 1000 Top 10 + 1100 Verão Total 1300 News 1415 Há Volta 1600 Ciclismo 1800 Olympic News 2100 Telerural 2130 Conta-me Como Foi 2230 Ainda Bem que Apareceste 2330 Ciclismo 2345 Football 0015 Gato Fedorento 0145 Noites Olimpicas 0245 A Hora da Sorte 0300 Jogos Olimpicos

RTP2
0700 Euronews 0730 África 7 Dias 0800 A Alma e A Gente 0830 Da Terra ao Mar 0900 Consigo 0930 Biosfera 1000 Olympic Games 1645 Kaboom 1745 Entre Pratos 1815 KM Zero 1900 Olympic News 1900 Olympic Games 2145 Lotery 2200 News 2240 An Impulse to Kill, film

SIC
0600 Etnias 0645 Sic Kids 0830 Dsney Kids 1030 Chiquititas 1200 Our World 1300 News 1400 Special Edpisode 1500 Film TBA 1745 Film TBA 2000 News 2115 Camilo 2230 Os Malucos do Riso 2330 A Favorita 0030 CSI New York 0130 Jericho 0230 Todos em Linha 0415 Home Alone, film

TVI
0700 Children TV 0930 Smackdown Wrestling 1100 Delux 1215 Operação Portugal 1300 Jornal da Uma 1400 Heroes 1600 Cats and Dogs, film 1800 The Inivisible Man, film 2000 News 2045 Football: FC Porto V Sporting 0000 Meet Joe Black, film

Best of the Rest

BBC3
7.00 Olympic Football 8.00 Top Gear 9.00 Reading and Leeds Festival 10.00 Reading and Leeds Festival 12.30 Two Pints of Lager and a Packet of Crisps 1.00 Two Pints of Lager and a Packet of Crisps 1.30 Touch Me, I'm Karen Taylor 2.00 Spooks: Code 9 2.50 Reading and Leeds Festival 4.20 Touch Me, I'm Karen Taylor 4.50 Close

BBC4
7.00 Fossil Detectives 7.30 Jane Eyre 8.30 Jane Eyre 9.30 Outnumbered 10.00 Takin' Over the Asylum 10.50 Takin' Over the Asylum 11.40 If It Ain't Stiff 1.10 Stiff at the BBC 1.40 Stiff at the BBC 2.40 If It Ain't Stiff 4.10 Close

ITV2
1.15 Holiday Airport: Orlando 2.20 Holiday Airport: Sydney 3.15 Nanny 911 4.15 Planet's Funniest Animals 4.45 All Star Family Fortunes 5.30 The Xtra Factor 6.30 Britain Does the Funniest Things 7.30 Animals Do the Funniest Things 8.30 The Xtra Factor 9.30 The Passions of Girls Aloud 10.30 Film: Nick of Time 15 (1995) 12.20 The X Factor 1.20 The Xtra Factor 2.20 The Passions of Girls Aloud 3.10 Vernon Kay's Gameshow Marathon 4.05 Nanny 911 4.50 Hot Love: Gone Bad 5.15 Celebrity Debut

Sky One
1.00 Gladiators 2.00 Gladiators 3.00 Malcolm in the Middle 3.30 Malcolm in the Middle 4.00 Futurama 4.30 The Simpsons Movie Special 5.00 The Simpsons 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Gladiators 9.00 Road Wars 10.00 Road Wars 11.00 Film: The Untouchables 15 (1987) 1.20 Inside: Surviving Prison 2.15 The Villa 3.10 Mile High 4.05 Ibiza Uncovered 5.00 Bite Size Brainiac 5.10 Guilty!

UKTV Gold
2.25 My Family 3.05 Film: Carry On Camping PG (1969) 4.45 Only Fools and Horses 5.25 Only Fools and Horses 6.30 Only Fools and Horses 8.20 Blackadder II 9.00 Film: Bruce Almighty 12 (2003) 10.50 Blackadder II 11.30 My Family 12.10 Men Behaving Badly 12.50 Robin Hood 1.50 Robin Hood 2.40 The Blue Planet 3.30 The Blue Planet 4.20 Coast 5.10 Dallas

TCM
1.00 The Philadelphia Story U (1940) 3.00 The Boy Friend U (1971) 5.25 Take Me Out to the Ball Game U (1949) 7.05 Catlow PG (1971) 9.00 Batman 15 (1989) 11.15 The Man Who Laughs 15 (1966) 1.05 All Fall Down 12 (1962) 3.00 A Yank at Oxford U (1938) 5.00 The Green Helmet U (1961)

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Cheetah Girls U (2003) Comedy drama, starring Raven-Symone.

MOVIES

Sky Movies Drama

6.00 Her Own Rules PG (1998) 7.30 Simon Birch PG (1998) 9.30 ATL 12 (2006) 11.30 Columbo: Agenda for Murder PG (1990) With Peter Falk. 1.10 Drama Close Up 1.40 Ask the Dust 15 (2006) With Salma Hayek. 3.40 Marie Antoinette 12 (2005) With Kirsten Dunst. 5.45 The Namesake 12 (2006) With Kal Penn. 8.00 Harsh Times 15 (2005) With Christian Bale. 10.00 Bobby 15 (2006) With Laurence Fishburne. 12.00 Gridiron Gang 12 (2006) With Dwayne 'The Rock' Johnson. 2.15 Flesh and Blood 18 (1985) With Jennifer Jason Leigh. 4.30 Drama Close Up 5.00 Falsely Accused PG (1993)

Sky Movies Comedy

6.55 The Most Fertile Man in Ireland 15 (1999) 8.35 Aquamarine PG (2006) 10.20 Get Smart Special 10.40 Bring It On: In It to Win It 12 (2007) 12.15 Dr Dolittle PG (1998) With Eddie Murphy. 1.45 Blades of Glory 12 (2007) With Will Ferrell. 3.20 Nacho Libre 12 (2006) With Jack Black. 4.55 Bring It On: In It to Win It 12 (2007) With Ashley Benson. 6.30 Dr Dolittle PG (1998) With Eddie Murphy. 8.00 Blades of Glory 12 (2007) With Will Ferrell. 9.45 Talladega Nights: The Ballad of Ricky Bobby 15 (2006) With Will Ferrell. 11.55 Nacho Libre 12 (2006) With Jack Black. 1.35 Bad Manners 15 (1997) With David Strathairn. 3.15 Talladega Nights: The Ballad of Ricky Bobby 15 (2006) 5.25 Aquamarine PG (2006)

Sky Movies Action

6.30 Top Gun 12 (1986) 8.35 Wing Commander PG (1999) 10.30 Behind Enemy Lines: Axis of Evil 15 (2006) 12.20 Top Gun 12 (1986) With Tom Cruise. 2.20 Deja Vu 12 (2006) With Denzel Washington. 4.35 Firewall 12 (2006) With Harrison Ford. 6.35 Blood Diamond 15 (2006) With Leonardo DiCaprio. 9.00 Deja Vu 12 (2006) With Denzel Washington. 11.15 Midnight Run 18 (1988) With Robert De Niro. 1.30 Tango & Cash 18 (1989) With Sylvester Stallone. 3.25 Soldier Blue 18 (1970) 5.30 Wing Commander PG (1999)

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SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Off The Bar 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football League. Charlton Athletic v Reading 3.00 Soccer Saturday 5.15 Live Football League. Plymouth Argyle v Swansea City 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Football First 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Live Rugby Union. Tasman v Hawke's Bay (Kick-off 6.30am). 8.30 Live Rugby Union. Taranaki v Canterbury (Kick-off 8.35am). 10.30 Spirit of Yachting 11.00 World Sport 11.30 International Cricket 1.30 Live Cricket. Somerset Sabres v Gloucestershire Gladiators. 7.30 Golf Night 9.00 Live Golf Night. The US Amateur Championship semi-finals. 11.00 Super League 12.30 Everyday is Raceday: Touring Car Diaries 1.00 Live NASCAR. The Sharpie 500. 4.30 Max Power 5.30 Everyday is Raceday: Touring Car Diaries

Sky Sports 3

6.00 Sports Unlimited 7.00 Tight Lines 8.00 International Cricket 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Live European Tour Golf. The KLM Open. 5.00 Live European Seniors Tour Golf. The PGA Seniors Championship. 7.00 Spirit of Yachting 7.30 Rugby Union 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Rugby Union 4.30 Super League

British Eurosport

5.00 Live Olympic Football. The men's final (Kick-off 5.00am). 5.45 Olympic News Nihao 6.00 Live Olympic Football. The men's final. 7.00 Live Olympic Handball. The women's third-place play-off. 8.15 Olympic News Nihao 8.30 Live Olympic Canoeing. The second session of flatwater finals. 10.30 Olympic Diving 11.00 Olympic Handball 12.00 Live Olympic Athletics. The 4x400m relay finals. 2.15 Live Olympic Volleyball. The women's final. 3.00 Live Olympic Basketball. The women's final. 4.00 Mission to Beijing Live 4.15 Live Olympic Basketball. The women's final. 5.00 Olympic Table Tennis 5.30 Olympic Diving 6.30 Beijing Express 7.30 Mission to Beijing 7.45 Olympic Athletics 9.00 Olympic Diving 10.00 Beijing Express 11.00 Olympic Boxing 12.30 Live Olympic Athletics. The men's marathon. 3.00 Live Olympic Volleyball. The men's third-place play-off. 4.45 Olympic News Nihao

Sky Sports Xtra

6.00 Race World 7.00 Super League 9.00 NFL: America's Game 10.00 Max Power 11.00 Pipeline Adventures 11.30 Racing News 12.00 NFL: Total Access 1.00 World Sport 1.30 Live International Rugby Union. South Africa v Australia (Kick-off 2.00pm). 4.00 NFL: Total Access 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 NFL: America's Game 9.00 Live NFL. Coverage of a friendly match. 12.00 Pipeline Adventures 12.30 Golf Night 2.00 Golf Night 4.00 Show Jumping 4.30 World Sport 5.00 Spirit of Yachting 5.30 Pipeline Adventures

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BBC1

6.00 Olympic Breakfast. Live coverage from the final day in Beijing. (T) 10.00 Olympics 2008. (T) 12.00 Olympics 2008. Live coverage of the closing ceremony from Beijing. (T) 3.15 Olympics 2008. (T)
5.00 'Allo 'Allo! Chaos prevails in a hideout in the Vatican. (R) (T)
5.30 Keeping Up Appearances. Hyacinth remains convinced that Emmet's shyness is the only reason she hasn't been cast in his latest musical. Patricia Routledge stars. (R) (T)
6.00 After You've Gone. Sitcom starring Nicholas Lyndhurst as divorcee Jimmy Venables, whose ex-wife goes to perform charity work in Africa, prompting his mother-in-law to move in. (R) (T)
6.30 Songs of Praise. Aled Jones visits Winchester to present more series highlights, including a meeting with former choristers Ollie Baines and Jules Knight of classical music four-piece Blake. (T)
7.05 Last of the Summer Wine. Clegg and Truly reminisce about Compo, whose amorous advances towards his neighbour Nora Batty - along with his accident-prone antics - were a constant source of amusement in the village. (T)
7.35 BBC News; Regional News; Weather. (T)
8.00 Pacific Abyss. Off the coast of Micronesia, Kate Humble and her scuba team continue to discover spectacular examples of underwater life. Meanwhile, the deep divers search for previously unseen fish in depths that test the limits of human endurance - but find their explorations hindered by an unexpected equipment failure. (T)
9.00 Britain from Above. Setting out in a microlight aircraft, Andrew Marr explores the Great Glen Fault in the Scottish Highlands, discovering where England and Scotland collided more than 400 million years ago. In Northern Ireland, he locates an untapped vein of gold flowing through the Sperrin Mountains, and heads to the Glastonbury festival to explore the rich variety of cultures at home in modern Britain. Last in series. (T)
10.00 BBC News; Weather. (T)
10.20 FILM: Good Morning, Vietnam (1987). Robin Williams stars as a fast-talking US Army disc jockey whose irreverent broadcasts enrage the military top brass in Sixties Saigon. Top-notch comic drama, with Forest Whitaker; (T) Weatherview. (T)
12.20 Sign Zone: Lost Land of the Jaguar. (R) (T) 1.20 Sign Zone: Celebrity MasterChef. (R) (T) 2.20 Sign Zone: Cash in the Celebrity Attic. (R) (T) 3.05 BBC News. (T)

Pick of the Day

Martin Clunes: A Man and His Dogs (ITV1 Granada, 9pm)
Martin Clunes' transformation from the king of the Nineties layabouts to the epitome of Middle England is clearly complete. The man who used to behave so badly with TV partner Neil Morrissey is not only the star of gentle comedy drama Doc Martin, but now he's also turning presenter. Here, he begins his quest to discover more about dogs. Looking at his own three dogs he wonders how these seemingly almost human companions can sometimes also reveal glimpses of something much wilder, much more ancient. Where do they come from? Martin's first port of call is to Scruffts at Earls Court, London, to remind us of how dogs have ended up: 400 different breeds officially recognised in the world today, and all of them moulded and shaped by us through selective breeding. But under the skin, every single one of them is the same: whether you've got a Great Dane or a Chihuahua, you're sharing your home with a creature that's 99.8 per cent wolf. Yet while dogs clearly adore being in the company of humans, wolves are famously elusive. To see for himself what kind of link this wild, much-maligned creature could possibly have with our domestic dogs, Martin heads off to the wilds of Yellowstone Park, in the coldest depths of winter. This odyssey of discovery is far more than a shaggy dog story.

ITV1

5.00 CITV: Jim Jam & Sunny. (R) (T) 5.10 Jim Jam & Sunny. (R) (T) 5.25 Jim Jam & Sunny. (R) (T) 5.35 Jim Jam & Sunny. (R) (T) 5.45 Jim Jam & Sunny. (R) (T) 6.00 GMTV. (T) 9.25 CITV: Captain Mack. (T) 9.40 Horrid Henry. (R) (T) 9.50 The Championship. (T) 10.50 The X Factor. (R) (T) 11.50 ITV News and Weather. (T) 11.55 London Today; Weather. (T) 12.00 F1: European Grand Prix Live. Round 12 from the Valencia Street Circuit (Start-time 1.00pm). (T) 3.10 FILM: Carry On Jack (1963). Navy comedy, starring Kenneth Williams. (T) 4.50 The Unforgettable Kenneth Williams. (R) (T)
5.30 The Way We Were. Children recall their experiences of World War Two. (T)
6.00 London Tonight; Weather. (T)
6.15 ITV News and Weather. (T)
6.30 Animals Do the Funniest Things. Waterskiing mice and a scuba-diving dog. (R) (T)
7.30 Coronation Street. Tyrone takes Molly to visit his mum Jackie Dobbs (Margi Clarke), but is unnerved by a mystery man waiting outside. Meanwhile, Fiz and John reflect on their kiss the night before. (T)
8.00 Heartbeat. Geoff fails to gain control of a violent outbreak at the bookmakers, and is in awe of Joe as he takes command of the situation. Debt collector Mick Revill (guest star Martin Kemp) suggests a way to toughen him up, but elsewhere Revill is accused by a local businessman of being involved in some dubious deals. Meanwhile, Peggy can't understand David's reluctance to attend a centenary party at the school. (T)
9.00 Martin Clunes: A Man and His Dogs. Part one of two. The actor explores the ancient ancestry of domestic dogs and discovers why their relationship with humans has been so successful. Travelling across the globe, from dog shows in London to the wilderness of the Australian outback, he unravels the links that have made man and beast inseparable for 15,000 years. (T)
10.00 ITV News and Weather; Weather. (T)
10.15 Tarrant on TV. Chris Tarrant explores the wacky world of global television. (R) (T)
10.45 F1: European Grand Prix Highlights. Steve Rider presents action from the 12th race of the season, held at the Valencia Street Circuit in Spain, as Lewis Hamilton attempts to extend his lead at the top of the championship. The British driver failed to score any points here last year after a poor qualifying session and, after his fifth place in Hungary, needs a more dominant showing if he is to pull away from Ferrari duo Kimi Raikkonen and Felipe Massa. With commentary by James Allen and Martin Brundle. (T)
11.45 A Match Made in Heaven. A final visit to four people looking for love with others sharing their faith. (T)
12.45 Vicars' Wives. (R) (T) 1.10 60 Minute Makeover; (R) (T) ITV News Headlines. 2.00 Vanessa's Real Lives. (R) (T) 2.55 Nancherrow. (R) (T) 4.35 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 Tikkabilla; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.20 Watch My Chops. (R) (T) 7.35 The Batman. (R) (T) 8.00 Best of Friends. (R) (T) 8.25 Watch My Chops. (R) (T) 8.40 SMart. (T) 9.40 Match of the Day. (T) 11.00 Countryfile. (T) 12.00 BBC News. (T) 12.05 Coast. (T) 12.15 Animal Park. (T) 12.45 EastEnders. (T) 2.40 FILM: MacKenna's Gold (1969). Western adventure, starring Gregory Peck. (T) 4.45 Dragons' Den. (R) (T) 5.45 Earth: The Power of the Planet. (R) (T) 6.45 Top Gear. (R) (T) 7.45 FILM: AI: Artificial Intelligence (2001). Steven Spielberg's sci-fi drama about a highly advanced robotic youngster who searches for a way of becoming human so that he can experience the joys of love. Starring Haley Joel Osment. (T) 10.00 Britain from Above. The companion series draws to a close with an examination of how industry has affected the landscape of modern Britain. Highlighted examples include the legacy of coal mining in South Wales, once considered the backbone of the British economy, and Manchester's Trafford Park, which has now been transformed into a place of pilgrimage for shoppers nationwide. (T) 10.30 Match of the Day 2. (T) 11.20 Olympics 2008. (T) 12.50 FILM: A Study in Terror (1965). Sherlock Holmes mystery, starring John Neville. (T) (bw) 2.20 BBC News. (T) 3.05 The Super League Show. (T) 3.45 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 The British Formula 3 International Series. (T) 7.55 British Triathlon Grand Prix. (T) 8.50 T4: Friends. (R) (T) 9.20 T4: Rockcorps. (T) 9.30 T4: Hollyoaks. (T) 12.00 T4: Big Brother's Little Brother. (T) 1.00 T4: Friends. (R) (T) 1.30 T4: Pink: Video Exclusive. 1.35 T4: Big Brother's Diary Room Uncut. (T) 2.35 T4: 4Music Presents: The Verve. (T) 3.05 T4: Friends. (R) (T) 3.35 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.40 T4: KylieX2008. (T) 6.40 Channel 4 News. (T) 7.00 Make Me a Christian. The volunteers prepare for the final testimonial service. Last in series. (T) 8.00 Wife Swap. Authoritarian mother Raquel Gelden trades places with liberal mum Ronnie Browse, who introduces the Gelden kids to rebellion, leaving her counterpart to look after her lawless brood. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Superbotox Me. Journalist Kate Spicer investigates the most outlandish cosmetic schemes money can buy, including bull semen hair serum, and a costly face mask made from nightingale droppings. (T) 11.05 The Charlotte Church Show. (R) (T) 11.50 Back to You. (T) 12.25 The Shooting Party. (R) (T) 12.55 4Music: Lovebox. 1.20 Big Brother Live. 4.15 Make Me a Christian. (R) (T) 5.15 British Superbike Championship. (R) (T)

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FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (T) 6.30 Elmo's World. (R) (T) 6.45 Sailor Sid. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.05 The Save-Ums! (R) (T) 7.20 Franny's Feet. (R) (T) 7.35 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Little Princess. (R) (T) 8.10 Miss Spider's Sunny Patch Friends. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.40 The Mr Men Show. (R) (T) 8.55 Rupert Bear. (R) (T) 9.10 Animal Families. (R) (T) 9.30 George Shrinks. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 Zoo Days. (T) 11.10 Zoo Days. (T) 11.20 FILM: Warriors of Virtue 2: Return to Tao (2002). Martial arts adventure sequel, starring Nathan Phillips. (T) 1.10 FILM: Harvey (1998). Comedy remake, starring Harry Anderson. (T) 3.00 FILM: Bill & Ted's Bogus Journey (1991) (T) 4.40 Rory and Paddy's Great British Adventure. (R) (T) 5.45 five news and sport. (T) 6.00 FILM: The Medallion (2003). (T) 7.45 FILM: Vertical Limit (2000). A man is forced to overcome his fears as he sets out to conquer K2 on a desperate mission to rescue his sister from the snowy peaks. Action adventure, starring Chris O'Donnell. (T) 10.00 FILM: The Good, the Bad and the Ugly (1966). Sergio Leone's classic Western, starring Clint Eastwood, Lee Van Cleef and Eli Wallach as rival gunfighters hunting for a hidden cache of gold. With a soundtrack by Ennio Morricone. (T) 1.20 Major League Baseball. Philadelphia Phillies v Los Angeles Dodgers. 4.20 ITU Triathlon. 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. (R) (T)

LOCAL

RTP1
0630 Espaço Infantil 0705 Brinca Comigo 0800 Bom Dia Portugal 1000 Eucarista Dominical 1100 Verão Total 1300 News 1415 Hà Volta 1600 Ciclismo 1800 Football: Liga Sagres Porto V Belenses 1915 Football: FC Porto V Belenenses 2100 News 2200 Olympics 2330 Ciclclismo 2345 Domingo Desportivo 0115 Lawrence da Arábia 0500 Euronews 0605 Nós
RTP2
0700 Euronews 0730 Olympic Games 1000 Caminhos 1030 70x7 1100 Vida Por Vida 1130 Olympic Games 1530 Campeões 1630 The Ugly Duckling 1800 Pilhagem no Reino de Sabá 1900 Arte amd Emotion 200 Bombordo 2030 The Simpsons 2100 Tornar-se uma Mulher em Zanskar 2200 News 2210 Chinguetti 2340 Britcom 0040 Onda Curta 0115 KM Zero 0145 Olympic Games 0545 Euronews
SIC
0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 BBC Lid Life 1300 News 1400 Fama Show 1500 Ugly Betty 1600 Film TBA 1800 Film TBA 2000 News 2100 Sic Reportagem 2300 Film TBA 0230 Todos em Linha 0430 Amazónia
TVI
0645 Children's TV 1000 Missa 1300 News 1400 Avenger, film 1600 Phone Box, film 2000 News 2230 Casos da 0000 Homem em Furia, film 0300 Sempre a Sonhar 0400 Eureka 0500 Telesales

Best of the Rest

BBC3
7.00 Reading and Leeds Festival 8.00 Money Makers: Beach Break Live 9.00 Spooks: Code 9 9.50 Family Guy 10.15 Family Guy 10.35 How Not to Live Your Life 11.05 Reading and Leeds Festival 12.30 Touch Me, I'm Karen Taylor 1.00 Spooks: Code 9 1.50 Money Makers: Beach Break Live 2.50 Reading and Leeds Festival 4.20 How Not to Live Your Life 4.50 Close
BBC4
7.00 Coal House 7.30 Proms on Four 2008 9.30 Outnumbered 10.00 Call the Cops 10.30 Britain from Above 11.30 Live on the Night 12.10 Liverpool on the Box 1.10 Call the Cops 1.40 Proms on Four 2008 3.40 Close
ITV2
3.30 Film: Thunderbirds PG (2004) 5.10 Coronation Street 7.30 The Planet's Funniest Animals 8.00 The X Factor 9.00 The Xtra Factor 10.00 Film: Pretty Woman 15 (1990) 12.25 Coronation Street 12.55 Secret Diary of a Call Girl 1.20 Secret Diary of a Call Girl 1.45 Teleshopping 5.45 ITV2 Nightscreen
Sky One
1.00 Futurama 1.30 Futurama 2.00 The Championship Gaming Series 3.00 Malcolm in the Middle 3.30 Malcolm in the Middle 4.00 Futurama 4.30 Futurama 5.00 Futurama 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 Gladiators 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: The Untouchables 15 (1987) 11.20 Gladiators 12.20 Road Wars 1.20 Street Wars 2.15 The Villa 3.10 Mile High 4.05 Ibiza Uncovered 4.55 Bite Size Brainiac 5.10 Guilty!
UKTV Gold
2.10 Film: Carry On Camping PG (1969) 3.55 Blackadder II 4.35 Some Mothers Do 'Ave 'Em 5.15 One Foot in the Grave 5.55 Only Fools and Horses 7.00 Only Fools and Horses 9.00 Jonathan Creek 10.20 Men Behaving Badly 11.00 Absolutely Fabulous 11.40 Jonathan Creek 1.00 Coast 2.00 Coast 2.50 Coast 3.40 Coast 4.30 Close Up 4.40 Dallas 5.35 Neighbours
TCM
1.00 Jezebel U (1938) 3.00 Seven Brides for Seven Brothers U (1954) 4.55 Designing Woman U (1957) 7.05 The Wings of Eagles U (1957) 9.00 Batman Returns 12 (1992) 11.15 Mutiny on the Bounty 15 (1962) 2.30 Captains Courageous U (1937) 5.00 Lone Star U (1952)
The Disney Channel
Kids' programmes from 7am, except: 5.55 Film: High School Musical 2 U (2007) Teenage comedy sequel, starring Zac Efron.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

MOVIES

Sky Movies Drama

6.45 Ice Bound PG (2003) 8.20 My Fair Eddie PG (2008) 9.50 Drama Close Up 10.20 Good Night, and Good Luck PG (2005) 12.05 How to Make an American Quilt 12 (1995) With Winona Ryder. 2.05 Snow Falling on Cedars 15 (1999) With Ethan Hawke. 4.15 Crossroads: A Story of Forgiveness (2007) With Dean Cain. 6.00 Memphis Belle PG (1990) With Matthew Modine. 8.00 A Few Good Men 15 (1992) With Tom Cruise. 10.20 Breaking and Entering 15 (2006) With Jude Law. 12.20 He Got Game 15 (1998) With Denzel Washington. 2.45 The Evening Star 15 (1996) With Shirley MacLaine. 5.05 Home by Christmas PG (2006)

Sky Movies Comedy

7.15 I'm Gonna Git You Sucka 15 (1988) 8.50 Failure to Launch 12 (2006) 10.30 RV: Runaway Vacation PG (2006) 12.10 Police Academy VI: City Under Siege PG (1989) With Bubba Smith. 1.40 Austin Powers: The Spy Who S****** Me 12 (1999) With Mike Myers. 3.20 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 4.50 RV: Runaway Vacation PG (2006) With Robin Williams. 6.30 Police Academy VI: City Under Siege PG (1989) With Bubba Smith. 8.00 Austin Powers: The Spy Who S****** Me 12 (1999) With Mike Myers. 9.45 Stranger than Fiction 12 (2006) With Will Ferrell. 11.45 Failure to Launch 12 (2006) With Matthew McConaughey. 1.35 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 3.15 School Daze 18 (1988) 5.20 The Pirates of Penzance U (1982)

Sky Movies Action

7.20 Modern Greats & Classics Close Up 7.50 Stormbreaker PG (2006) 9.40 The Grissom Gang 18 (1971) 12.00 Casino Royale 12 (2006) With Daniel Craig. 2.40 The Gingerbread Man 15 (1997) With Kenneth Branagh. 4.50 Passenger 57 15 (1992) With Wesley Snipes. 6.30 Casino Royale 12 (2006) With Daniel Craig. 9.00 The Departed 18 (2006) With Jack Nicholson. 11.40 Passenger 57 15 (1992) With Wesley Snipes. 1.20 Nighthawks 18 (1981) With Sylvester Stallone. 3.10 Resurrection Man 18 (1997) 5.05 Stormbreaker PG (2006)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live European Tour Golf. The KLM Open. 3.30 Live Super Sunday. Manchester City v West Ham United (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Super League. Castleford Tigers v Warrington Wolves (Kick-off 7.30pm). 9.30 FIFA Futbol Mundial 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Super League 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Super League

Sky Sports 2

6.00 Pipeline Adventures 6.30 Super League 8.00 NASCAR 10.30 Rugby Union 1.00 World Sport 1.30 Live Cricket. Middlesex Crusaders v Hampshire Hawks. 7.30 Golf Night 9.00 Live Golf Night 11.00 NFL 1.00 Watersports World 2.00 Polo 3.00 NFL 5.00 Polo

Sky Sports 3

6.00 Wild Spirits 6.30 Rugby Union 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 Polo 1.00 The Sunday Supplement 2.30 Polo 3.30 Live European Tour Golf. The KLM Open. 5.00 Live European Seniors Tour Golf. The PGA Seniors Championship. 7.00 WWE: Experience 8.00 NFL: America's Game 9.00 WWE: Experience 10.00 WWE: Late Night - Afterburn 11.00 WWE Vintage Collection 12.00 Polo 1.00 Golf Night 2.30 Golf Night 4.30 Wild Spirits 5.00 Watersports World

British Eurosport

5.00 Live Olympic Volleyball. The men's final. 7.00 Olympic News Nihao 7.15 Live Olympic Basketball. The men's final. 8.15 Olympic News Nihao 8.30 Live Olympic Basketball. The men's final. 9.30 Live Olympic Handball. The men's final. 10.30 Olympic Boxing 12.00 Olympic Rhythmic Gymnastics 1.00 Live Olympic Games. The closing ceremony. 3.30 Mission to Beijing Live 3.45 Beijing Express 4.45 WATTS 5.15 Beijing Olympic Games 7.15 Mission to Beijing 7.30 WATTS 8.00 Beijing Olympic Games 10.00 Beijing Express 11.00 WTA Tennis 12.30 Close

Sky Sports Xtra

6.00 Watersports World 7.00 Angling 8.00 Show Jumping 9.00 Wild Spirits 9.30 NFL 11.30 Super League 1.00 NFL: America's Game 2.00 NFL 4.00 NASCAR 6.30 Polo 7.30 Wild Spirits 8.00 NASCAR 10.30 Live Indy Racing League. The Peak Antifreeze and Motor Oil Indy Grand Prix of Sonoma County. 1.00 Max Power 2.00 Angling 3.00 Show Jumping 4.00 Show Jumping 5.00 Max Power

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Congratulations on 35 years of blissful marriage mum and dad!

BBC1

6.00 Breakfast. (T) 9.00 Helicopter Heroes. (T) 9.45 Escape to the Country. (R) (T) 10.45 Homes Under the Hammer. (T) 11.15 Cash in the Attic. (R) (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.15 Regional News; Weather. (T) 1.25 Diagnosis Murder. (R) (T) 2.10 FILM: Cool Runnings (1993). Sport comedy, starring John Candy. (T) 3.40 FILM: The Haunted Mansion (2003). Spooky comedy, starring Eddie Murphy. (T)

5.05 Don't Miss a Trick. Kate Thornton goes behind the scenes to help stars of BBC3's The Real Hustle Alexis Conran, Paul Wilson and Jessica Clement perform tricks on the British public. (T)
6.00 BBC News; Weather. (T)
6.15 Regional News Programmes; Weather. (T)
6.30 Edinburgh Military Tattoo 2008. Featuring bands from Missouri, India, New Zealand and Norway. (T)
7.30 The ONE Show; (T) BBC News; Regional News. (T)
8.00 EastEnders. As Jase gets ready to do one last job an oblivious Dawn prepares for her hen night. Honey is shocked to see Terry on the Square and expresses her concerns to Billy. Garry, Minty and Vinnie find the flat in a mess when they return from holiday, but there's a further surprise in store when Vinnie starts clearing up. (T)
8.30 Panorama. Vivian White considers whether mass immigration and devolution have led the Government to focus on the concept of Britishness, with even the Prime Minister contributing to a book on the subject and one minister suggesting August 25 as a possible Britishness day. Presented by Jeremy Vine. (T)
9.00 New Tricks. Jack and Strickland form an unlikely alliance that sees them break the rules to find out why a British soldier died while taking part in a Ministry of Defence medical trial. With three of the man's colleagues now suffering from psychological, drink or memory problems, the team consider whether he died as a result of the experiment, or if he was a victim of an Army cover-up. Last in series. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The Last Word Monologues. (T)
11.05 FILM: Down with Love (2003). Romantic comedy, starring Ewan McGregor; (T) Weatherview. (T)
12.45 Sign Zone: House of Saddam. (R) (T) 1.45 Sign Zone: The Cup. (R) (T) 2.15 Sign Zone: Dr Alice Roberts: Don't Die Young. (R) (T) 2.45 Sign Zone: Cash in the Celebrity Attic. (R) (T) 3.30 BBC News. (T)

Pick of the Day

MasterChef - The Professionals (BBC2, 6.30pm)
Fans of MasterChef have been treated to some of the most outstanding TV in recent years, thanks to a nail-biting run in the regular programme, which saw former legal eagle James Nathan be awarded the title earlier this year. Last month, the celebrity version (which can be a pale imitation) produced a jaw-dropping battle between finalists Andi Peters, Mark Moraghan and eventual champion, Liz McLarnon. Now, we need to brace ourselves as the professionals have a go. In this new series, established chefs will be out to prove they've got what it takes to cook at the very highest level, and produce Michelin star-quality food. A staggering 36 chefs will begin the journey, but only one will be left standing after a series of heats, quarter and semi-finals. This opener sees the first batch undertake two tough tests: cooking notoriously tricky scallops, and tackling three classic recipes, including duck a l'orange. In a departure from the main run, veteran host Gregg Wallace won't be joined by John Torode. Stepping into his shoes is Michelin-starred chef Michel Roux Jnr. It'll be interesting to see whether the 'new boy' can shout as well as the lovely Mr Wallace.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 60 Minute Makeover. (R) (T) 11.30 Dickinson's Real Deal. (R) (T) 12.30 Rosemary & Thyme. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Daily Cooks Challenge. (T) 2.59 London Weather. (T) 3.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (R) (T)
6.00 London Tonight; Weather. (T)
6.15 ITV Evening News; Weather. (T)
6.30 Emmerdale Uncut. The moments viewers were not supposed to see from behind the scenes of the rural-based soap. Cast members past and present remember the most hilarious events. (T)
7.00 Emmerdale. Val tries to make amends for her actions - but when a friend from her holiday arrives in the village, Pollard spies an opportunity to get answers. Marlon struggles to raise Donna's spirits in hospital and is shocked when his wife announces she's leaving the police. Doug looks forward to Hilary's return. (T)
7.30 Coronation Street. Tyrone is devastated when Jackie reveals her true colours and admits she plans to abscond, but Molly offers to use their wedding fund to bail her out. Gail arranges for Jerry to have a medical check-up, while Julie offers Fiz advice about John. An infatuated Dev enjoys a dangerous liaison with Nina. (T)
8.00 Disappearing London. Suggs explores what remains of the Jewish East End, visiting one of the last remaining synagogues in the area. He also probes the popularity of lidos in the capital, and finds out about cabbies' shelters. (R) (T)
8.30 Coronation Street. Mel returns from holiday to find her mum still living with the Mortons, but as Teresa prepares to move out, she steps up her poisoning of Jerry in a last-ditch attempt to stay. Jackie makes her presence felt on the Street and Tom cheers up a dejected Sean, while Dev begins to worry he's in too deep with Nina. (T)
9.00 FILM: Pierrepoint (2005). Premiere. Timothy Spall stars in this account of the life of long-serving British hangman Albert Pierrepoint, charting the impact his job had on his life and marriage. (T)
10.50 The Late News and Weather; Weather.
11.05 FILM: Dr Jekyll and Mr Hyde (2002). Premiere. Remake of the classic horror, starring John Hannah. (T)
1.00 Nightwatch with Steve Scott: Emergency. (R) (T) 1.50 Nightwatch with Steve Scott: Mystery; (R) (T) ITV News Headlines. 2.45 Moving Day. (R) (T) 3.10 Moving Day. (R) (T) 3.35 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New Scooby-Doo? (R) (T) 8.30 Hider in the House. (R) (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 What Are You Like? (T) 12.30 Out of the Blue. (T) 12.55 FILM: Krakatoa, East of Java (1968). Epic drama, starring Maximilian Schell. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Eating with the Enemy. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (T) 6.30 MasterChef - The Professionals. (T) 7.00 Return to Lakesiders. (R) (T) 7.30 The Good Life. (R) (T) 8.00 University Challenge. The London School of Economics takes on the University of Bath. (T) 8.30 The Hairy Bakers. Dave Myers and Simon King examine teatime treats. (T) 9.00 Dragons' Den. Featuring an innovation in children's shoes. (T) 10.00 FILM: The Terminal (2004). A man travels from Eastern Europe to America - only for a coup to throw his country into turmoil, leaving him unable to return home or enter the USA. Comedy, starring Tom Hanks. (T) 12.05 Would I Lie to You? (R) (T) 12.35 Ellery Queen. (R) (T) 1.25 BBC News. (T) 3.30 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. Ross disagrees with Rachel's choice of nanny. (R) (T) 10.05 T4: Big Brother's Diary Room Uncut. (T) 11.05 T4: Ugly Betty. (R) (T) 12.05 The Simpsons. (R) (T) 12.30 The Simpsons. (R) (T) 12.55 Supernanny USA. (T) 1.45 FILM: The Beverly Hillbillies (1993). Comedy, starring Jim Varney. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.05 The Dinosaur Mummy. Following the excavation of an incredibly well-preserved dinosaur discovered in the badlands of North Dakota in 2003, complete with fossilised skin, tendons and ligaments. (R) 8.00 Dispatches: How the Banks Never Lose. Investigating how banks are recouping credit crunch losses. (T) 9.00 Kevin McCloud and the Big Town Plan. Attempts to revitalise Castleford's town centre market. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 Comedy Lab. (T) 11.40 4Music: Oasis: Video Exclusive. (T) 11.45 Coming Up: The Circle. (T) 12.20 The Shooting Party. (R) (T) 12.50 4Music: Lovebox. 1.15 Much Ado About a Minor Ting. (T) 1.45 Big Brother Live. 4.40 FILM: It's in the Bag! (1945). Comedy, starring Fred Allen. (T) (bw)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.50 The Milkshake! Show. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 Megastructures. (R) (T) 1.45 The Family Recipe. (R) (T) 1.55 FILM: The Time Machine (1960). Sci-fi adventure, starring Rod Taylor. (T) 3.50 FILM: The Towering Inferno (1974). Disaster epic, starring Paul Newman. 7.00 Ken Dodd's Comedy Heroes. Knotty Ash's most famous export pays tribute to the comedians who have inspired him, from much-loved big-screen duo Laurel and Hardy and ventriloquist Sandy Powell to anarchic magician Tommy Cooper; (R) 7.00 five news update. (T) 8.00 Fifth Gear. F1 driver Jarno Trulli competes in an eco challenge; (T) 8.00 five news at 9. 9.00 Most Shocking Celebrity Moments of the 00s. Countdown of scandals since the beginning of the new millennium. (R) (T) 12.00 FILM: At Close Range (1986). Fact-based drama, starring Sean Penn. (T) 2.05 NASCAR. 2.55 US Tour Golf. 3.45 FIM World Motocross Championship. 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Amor e Intrigas 1515 Verão Total 1800 Portugal em Directo 1910 O Preço Certo 2000 News 2100 Jogo Duplo 2200 Conta-me Como Foi 2300 João Semana 0000 Terminator: The Sarah Connor Chronicles, film 0430 Verão Totaç 0605 Nòs
RTP2
0700 Euronews 0715 Zig Zag 1400 OS Amigos de Brianep 1600 National Geographic 1700 Zig Zag 1830 A Fè dos Homens 1900 Próxima Paragem 1945 Zig Zag 2045 Qual Samantha? 2115 National Geographic 2150 Lottery 2200 News 2240 Malmequer, Bem-me Quer 2330 Backstage 0020 Noite da 2 0145 Angola – Saudades de Quem Te Ama 0545 A Alma e a Gente 0300 Sempre em Pé – Remix Stand Ups 0300 Euronews
SIC
0600 Sic Noticias 0830 Uma Aventura 1000 Chiquititas 1100 Fàtima 1300 News 1415 Cirada de Pedra 1445 Como uma Onda 1615 Contacto 1800 Beleza Pura 2000 News 2130 Os Malucos do Riso 2230 Chamar a Música 2330 A Favorita 0030 Criminal Minds 0130 CSI Miami 0230 CSI Miami 0230 Todos em Linha 0430 A Pedra do Reino
TVI
0700 Diário da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 1900 News 2200 Fascínios 2300 Deixa-me 0030 Killer Spiders, film 0530 Telesales

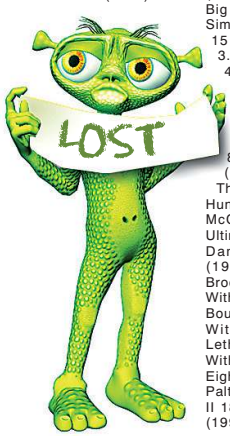
Best of the Rest

BBC3
7.00 Reading and Leeds Festival 7.45 Doctor Who 8.30 Film: Finding Neverland PG (2004) 10.05 EastEnders 10.35 Spooks: Code 9 11.25 Family Guy 11.50 Family Guy 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Two Pints of Lager and a Packet of Crisps 1.10 Cheap Homes for Sale? 2.10 Spooks: Code 9 3.00 Two Pints of Lager and a Packet of Crisps 3.30 Two Pints of Lager and a Packet of Crisps 3.55 Make My Body Younger 4.55 Close
BBC4
7.00 Coal House 7.30 Proms on Four 2008 9.30 Outnumbered 10.00 Life on Mars 11.00 Sleepers 11.55 Dawn French's Boys Who Do Comedy 12.25 British B Movies - Truly, Madly, Cheaply 1.55 Proms on Four 2008 3.55 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Airline 8.30 The Planet's Funniest Animals 9.00 Film: Pretty Woman 15 (1990) 11.25 Coronation Street 11.55 Coronation Street 12.25 Call Girls: The Truth 1.25 Box Wars 1.35 Teleshopping 4.35 ITV2 Nightscreen
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 50 Greatest TV Endings 5.00 Gladiators 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Don't Forget the Lyrics 10.00 Don't Forget the Lyrics 11.00 Film: Star Trek: First Contact 12 (1996) 1.10 Road Wars 2.05 Weeds 2.40 Tenerife Uncovered 3.30 Scare Tactics 3.55 America's Dumbest Criminals 4.20 Brainiac: Science Abuse 5.10 Guilty!
UKTV Gold
1.05 Film: 102 Dalmatians U (2000) 3.05 Film: Jack PG (1996) 5.10 Film: Jumanji PG (1995) 7.05 Wallace & Gromit: A Grand Day Out 7.40 Wallace & Gromit: The Wrong Trousers 8.20 Wallace & Gromit: A Close Shave 9.00 Film: Arachnophobia PG (1990) 11.00 The Ruby in the Smoke 1.00 The New Adventures of Old Christine 1.30 Baywatch 2.20 Baywatch 3.05 Baywatch 3.50 The New Adventures of Old Christine 4.15 Sorry! 4.45 EastEnders 5.15 Neighbours 5.35 Neighbours
TCM
1.00 The Cazalets 3.00 The Private Lives of Elizabeth and Essex U (1939) 5.00 Gaby PG (1956) 6.45 Lust for Life PG (1956) 9.00 Batman Forever PG (1995) 11.15 Some Came Running PG (1959) 2.05 Quo Vadis PG (1951) 5.00 Presenting Lily Mars U (1943)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.45 Sam Churchill: Search for a Homeless Man PG (1998) 8.25 Columbo: Death Hits the Jackpot PG (1991) 10.05 The Thief Lord PG (2005) 11.50 Drama Close Up 12.20 Mayday 12 (2005) With Aidan Quinn. 2.00 Up Close and Personal 15 (1996) With Michelle Pfeiffer. 4.15 Regarding Henry 15 (1991) With Harrison Ford. 6.15 The Lake House PG (2006) With Sandra Bullock. 8.00 The Last King of Scotland 15 (2006) With Forest Whitaker. 10.05 Children of Men 15 (2006) With Clive Owen. 12.00 Boys Don't Cry 18 (1999) With Hilary Swank. 2.10 Edison 15 (2005) With Morgan Freeman. 3.50 On the Borderline 15 (1999) 5.30 Love Letters PG (1999)



Sky Movies Comedy

7.15 The Top 10 Show 7.30 Expiration Date 12 (2006) 9.05 Phat Girlz 15 (2006) 10.45 Three Men and a Baby PG (1987) 12.30 Knocked Up 15 (2007) With Seth Rogen. 2.40 Get Smart Special 2.55 Tenacious D in The Pick of Destiny 15 (2006) With Jack Black. 4.40 Big Nothing 15 (2006) With Simon Pegg. 6.15 Three Men and a Baby PG (1987) With Tom Selleck. 8.00 Knocked Up 15 (2007) With Seth Rogen. 10.15 Tenacious D in The Pick of Destiny 15 (2006) With Jack Black. 11.55 Big Nothing 15 (2006) With Simon Pegg. 1.25 Phat Girlz 15 (2006) With Mo'Nique. 3.10 Project: ALF PG (1996) 4.45 Expiration Date 12 (2006)

Sky Movies Action

6.50 The Hunter 15 (1980) 8.45 Ninja Dragons PG (1994) 10.30 Seduced by a Thief 15 (2001) 12.20 The Hunter 15 (1980) With Steve McQueen. 2.10 The Bourne Ultimatum 12 (2007) With Matt Damon. 4.20 Godzilla PG (1998) With Matthew Broderick. 6.50 300 15 (2006) With Gerard Butler. 9.00 The Bourne Ultimatum 12 (2007) With Matt Damon. 11.10 Lethal Weapon 2 18 (1989) With Mel Gibson. 1.20 Hard Eight 18 (1996) With Gwyneth Paltrow. 3.10 Last Seduction II 18 (1997) 5.00 Godzilla PG (1998)

SPORT

Sky Sports 1

6.00 WWE Vintage Collection 7.00 Good Morning Sports Fans 10.00 Soccer AM: The Best Bits 11.00 Soccer Extra 1.00 Soccer AM: The Best Bits 2.00 Live Super League. Bradford Bulls v Hull Kingston Rovers (Kick-off 2.15pm). 4.30 Live Speedway. Coventry Bees v Ipswich Witches. 6.30 Big League Weekend 7.30 Live Football Special. Portsmouth v Manchester United (Kick-off 8.00pm). 10.15 You're on Sky Sports! 11.15 Big League Weekend 12.15 Soccer AM: The Best Bits 1.15 Football Special 2.45 Big League Weekend 3.45 You're on Sky Sports! 4.45 Big League Weekend 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Bottom Line 8.00 Golf Night 9.30 Golf Night 11.30 Show Jumping 12.30 Kiteboard Pro Tour 1.00 Wild Spirits 1.30 Pipeline Adventures 2.00 Indy Racing League 4.30 Live Cricket. Sussex Sharks v Lancashire Lightning. 10.00 World Motor Sport 12.30 FEI Equestrian World 1.00 Extreme Championship Wrestling 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Soccer AM: The Best Bits 5.15 Close

Sky Sports 3

7.00 Football Special 8.30 Super Sunday: The Last Word 9.00 Indy Racing League 11.30 Racing News 12.00 Max Power 1.00 Golf Night 2.30 Golf Night 4.30 WWE: Raw 6.30 Carp Academy 7.00 British Rally Championship 8.00 Super League 10.00 Speedway 12.00 WWE Vintage Collection 1.00 British Rally Championship 2.00 Super League 4.00 Speedway

British Eurosport

7.30 Olympic Volleyball 8.30 Olympic Basketball 9.30 Olympic Football 10.30 WATTS 11.00 Beijing Olympic Games 1.00 Live Snooker. The 2008 Northern Ireland Trophy. 4.30 Live US Open Tennis. Coverage of the opening day's play at Flushing Meadows. 12.30 Eurogoals 1.15 Close

Sky Sports Xtra

6.00 Angling 7.00 Polo 8.00 Show Jumping 9.00 Polo 10.00 Super League 12.00 Angling 1.00 Polo 2.00 Show Jumping 3.00 FEI Equestrian World 3.30 Kiteboard Pro Tour 4.00 Live US Open Tennis. The opening day at Flushing Meadows. 12.00 Live US Open Tennis. Coverage of the opening day's play from Flushing Meadows. 4.00 Close

Not sure what what to do at the weekend? See pages 46 - 47

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BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Skunk Fu! (R) (T) 4.05 The Story of Tracy Beaker. (R) (T) 4.35 Roman Mysteries. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Jase's job takes an unexpected turn, putting himself and Billy in danger and bringing terror to one resident of the Square. Dawn is disappointed by the turnout at her hen night, but Shirley and Heather are only too willing to join her. Vinnie is pleasantly surprised by the identity of an intruder; (T) BBC News; Regional News. (T)
8.00 Holby City. Michael finds a millionaire priest willing to pay for the Tans' surgery, but Jayne is wary of the benefactor's ulterior motives. Mark struggles to find the #2,000 needed to pay for Daisha's abortion after he finds her considering radical options to end her pregnancy. Connie and Elliot withdraw from the race to be director of surgery, leaving Ric the frontrunner - until a heartbreaking task draws him away. (T)
9.00 Mutual Friends. New series. Comedy drama, following the intertwined lives of a group of old friends. The suicide of one leads to a shock confession which threatens a seemingly happy marriage. Amid the turmoil, the charming but immature Patrick re-enters their lives offering help - and try as he might, manages to make things a whole lot worse. Marc Warren, Keeley Hawes and Alexander Armstrong star. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The Last Word Monologues. (T)
11.05 FILM: The Greatest Game Ever Played (2005). Premiere. Sporting drama, starring Shia LaBeouf; (T) Weatherview. (T)
1.05 Sign Zone: The John Akii-Bua Story: An African Tragedy. (R) (T) 2.35 Sign Zone: Celebrity MasterChef. (R) (T) 3.35 Sign Zone: Cash in the Celebrity Attic. (R) (T) 4.20 BBC News. (T)

Pick of the Day

The Edinburgh Festival Show (BBC2, 10pm)
Acid-tongued comic Joan Rivers joins Lauren Laverne to talk about her new play in another culture-packed edition of the popular magazine show, which has had great success in bringing arts, entertainment and all manner of obscure forms of expression to the masses. Rivers, who recently got in trouble for using bad language on daytime TV, is always a fun and risque guest, and represents a true coup for a show that grows ever more popular. Perhaps it is the presenting duo of Laverne and Mark Kermode who have made this into one of the small screen's must-see shows. Certainly it does not trouble itself with maintaining highbrow standards and prides itself on inclusivity, covering everything from the mainstream blockbusters to the ultimate in niche markets. The episodes from the heart of the Edinburgh Festival have offered a refreshing change of scene, and fans will be loath to miss what promises to be a cracking goodbye. Choreographer Matthew Bourne discusses his new work Dorian Gray and Tim Samuels finds out what it takes to put on a show in the Scottish capital.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (R) (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale: Unhappy Birthday. Carl enters into a bidding war against Anna for Mill Cottage, but when he approaches his brothers for extra capital he is shocked to learn of their dire financial straits - prompting Donald to betray his daughter and loan his protege the money himself. Douglas decides to leave the village to be with Hilary but is devastated to receive a call from her requesting a divorce. (T)
8.00 The Bill. Ben and Callum try to cover for Sally after she is involved in a drink-driving collision that endangers the life of a teenager. As suspicions mount back at the station, Callum visits a witness and puts pressure on him to keep quiet about seeing the guilty PC getting into her car after an evening's drinking. Victoria Alcock guest stars. (T)
9.00 Fiddles, Cheats & Scams. New series. Morland Sanders reveals the lengths people will go to in their attempts to cheat the insurance industry, and follows the investigators determined to bring them to justice. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.40 Kingdom. Peter attends a conference with Barkway, his old professor from Cambridge (played by Richard Wilson), and finds himself drawn into a battle over a set of research papers. Meanwhile, Lyle is left to his own devices and finds himself inundated with clients wanting to take advantage of his generous will-making service - and an office full of cats. Elsewhere, Beatrice is close to her due date and has chosen her birthing partner. Drama, starring Stephen Fry, with guest star Diana Quick. (R) (T)
11.45 Carling Cup Highlights. Craig Doyle introduces action from this evening's second-round matches, which are set to feature the majority of Premier League clubs. With commentary by Jon Champion and John Rawling. (T)
12.30 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.25 FILM: Up Pompeii (1971). Bawdy Roman romp, starring Frankie Howerd. (T) 2.50 The Jeremy Kyle Show. (R) (T) 3.45 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New Scooby-Doo? (R) (T) 8.30 Hider in the House. (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (R) (T) 2.15 Animal 24:7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Eating with the Enemy. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (T) 6.30 MasterChef - The Professionals. (T) 7.00 Living the Dream Revisited. People who started their dream business. (T) 8.00 Thames Shipwrecks: A Race Against Time. The stories behind seven shipwrecks in the river Thames. (T) 9.00 Maestro. The six remaining amateurs face a choral music test - conducting the BBC Concert Orchestra and the BBC Symphony Orchestra in the second live studio challenge. (T) 10.00 The Edinburgh Festival Show. With Joan Rivers and Matthew Bourne. Last in series. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Simon Gray's Smoking Diaries. (R) (T) 12.10 BBC News. (T) 4.20 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: 4Music Presents: The Verve. (R) (T) 10.30 T4: Friends. (R) (T) 11.00 T4: Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 Will & Grace. (R) (T) 1.10 Will & Grace. (R) (T) 1.35 Desperate Housewives. (R) (T) 2.25 Desperate Housewives. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright Young Wonders. Showcase of new presenting voices and encouraging creative talent. Part of the Generation Next season. (T) 8.00 Don't Blame the Builder. Jeff Howell visits Sidcup, Kent, to help first-time buyer Jen Eaton, whose house refurbishment has ground to a halt following a communication breakdown with her builder. Last in series. (T) 9.00 The Secret Millionaire. A marketing millionaire goes undercover in Easington, Co Durham. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 Comedy Lab: Mr & Mrs Fandango. (T) 11.35 Reaper. (T) 12.35 British Superbike Championship. 1.30 Bullrun: Cops, Cars and Superstars. (R) (T) 1.55 Big Brother Live. 4.25 KOTV. (T) 4.50 The British Formula 3 International Series. (R) (T) 5.20 FIVB Beach Volleyball. (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.50 The Milkshake! Show. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Funky Valley. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (T) 3.05 five news update. (T) 3.10 FILM: The Deliverance of Elaine (1996). Drama, starring Mare Winningham. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.30 Highland Emergency. An RAF helicopter crew try to locate a stranded hiker; (T) 7.30 five news update. (T) 8.00 JFK - The Scandals: Revealed. The former president's relationships; (R) (T) 8.00 five news at 9. 9.00 CSI: Miami. When the body of a university student is found in a burnt-out car, the investigation reveals a plethora of potential suspects. Meanwhile, Delko receives help from a mysterious stranger. (T) 10.00 CSI: NY. Mac realises his stalker's motivation; (R) (T) five news update. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Cricket on five. (T) 1.00 European Drag Racing. 1.25 Indy Car Series. 2.15 Grand American Racing. 3.05 Race and Rally UK. 3.30 Motorsport Mundial. 3.55 Golf: The Challenge. 4.20 European Seniors Tour Golf. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Amor e Intrigas 1800 Portugal em Directo 1910 O Preço Certo 2000 News 2100 Jogo Duplo 2200 Conta-me Como Foi 2300 João Semana 0000 Terminator: The Sarah Connor Chronicles, series 0045 The Enforcer, film 0245 El Tesouro de Manitu, film 0430 Verão Total 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1400 Os Amigos de Brianep 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 2010 1945 Zig Zag 2045 Qual Samantha? 2110 National Geographic 2200 News 2240 Greys Anatomy 2330 A Fortaleza Perdida dos Cruzados 0030 Noites da 2 0145 2010 0230 Bombordo 0300 Sempre em Pé 0330 Euronews

SIC
0600 Sic Noticias 0900 Dia Em Grande 1000 Fátimas 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Oura 1900 Sete Pecados 2000 News 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 CSI Las Vegas 0130 CSI Miami 0230 Quando o Telefone Toca

TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 1900 News 2215 Doce Fugitiva 0030 Ring of Death, film

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Sasha: Beauty Queen at 11 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 How Not to Live Your Life 11.00 Family Guy 11.25 Family Guy 11.45 Don't Tell the Bride 12.45 Sasha: Beauty Queen at 11 1.40 How Not to Live Your Life 2.10 Make My Body Younger 3.10 Cheap Homes for Sale? 4.05 Doctor Who Confidential 4.20 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 Wild China 9.00 Meetings with Remarkable Trees 9.10 Juliet Bravo 10.00 Call the Cops 10.30 The Chatterley Affair 12.00 Edwardians in Colour: The Wonderful World of Albert Kahn 1.00 Call the Cops 1.30 The Chatterley Affair 3.00 Call the Cops 3.30 Edwardians in Colour: The Wonderful World of Albert Kahn 4.30 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Superhuman: World's Smallest People 9.00 Film: The Saint 12 (1997) 11.15 Film: Bridget Jones: The Edge of Reason 15 (2004) 1.20 The Black Donnellys 2.05 Teleshopping 5.05 ITV2 Nightscreen

Sky One
1.00 Gladiators 2.00 Stargate SG-1 3.00 Stargate Atlantis 4.00 Gladiators 5.00 Gladiators 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 Film: Star Trek: First Contact 12 (1996) 11.10 Prison Break 12.10 Road Wars 1.10 Road Wars 2.00 Weeds 2.35 Tenerife Uncovered 3.25 Brainiac: Science Abuse 4.20 Scare Tactics 4.45 America's Dumbest Criminals 5.10 Guilty!

UKTV Gold
1.30 Only Fools and Horses 3.00 The Two Ronnies 4.00 Doctor Who 5.00 Sorry! 5.40 My Family 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Keeping Up Appearances 8.20 The Thin Blue Line 9.00 Only Fools and Horses 10.30 The Good Life 11.10 French and Saunders 11.50 The Two Ronnies 12.50 The New Adventures of Old Christine 1.20 French and Saunders 2.05 Baywatch 2.50 Baywatch 3.35 The New Adventures of Old Christine 3.55 The Bill 4.45 EastEnders 5.15 Neighbours 5.35 Neighbours

TCM
1.00 The Cazalets 3.00 The Swan U (1956) 5.00 The Light in the Piazza PG (1962) 6.50 The VIPs U (1963) 9.00 Whose Life Is It Anyway? 15 (1981) 11.10 Ice Station Zebra U (1968) 1.45 Grand Prix PG (1966) 5.00 The Charge of the Light Brigade U (1936)

The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

7.10 Hometown Legend PG (2002) 9.10 The Top 10 Show 9.25 Falsely Accused PG (1993) 11.05 Nurses on the Line: The Crash of Flight 7 PG (1993) With Lindsay Wagner. 12.45 Drama Close Up 1.15 The Cotton Club 15 (1984) With Richard Gere. 3.30 The Neighbor 12 (2008) With Matthew Modine. 5.10 The Good Shepherd 15 (2006) With Matt Damon. 8.00 Catch a Fire 12 (2006) With Derek Luke. 10.00 Marathon Man 18 (1976) With Dustin Hoffman. 12.10 The Wind That Shakes the Barley 15 (2006) With Cillian Murphy. 2.25 All the President's Men 15 (1976) With Robert Redford. 4.50 Yesterday PG (2004)

Sky Movies Comedy

6.25 Racing Ace PG (2005) 8.05 The Most Fertile Man in Ireland 15 (1999) 9.45 Stick It PG (2006) 11.30 Stop! Or My Mom Will Shoot PG (1992) With Sylvester Stallone. 1.00 Little Man 12 (2006) With Marlon Wayans. 2.40 Stick It PG (2006) With Missy Peregrym. 4.30 You, Me and Dupree 12 (2006) With Owen Wilson. 6.30 Stop! Or My Mom Will Shoot PG (1992) With Sylvester Stallone. 8.00 Little Man 12 (2006) With Marlon Wayans. 9.45 American Pie Presents: Beta House 18 (2007) With John White. 11.20 You, Me and Dupree 12 (2006) With Owen Wilson. 1.15 Chubby Goes Down Under 18 (1998) With Roy "Chubby' Brown. 2.45 The Most Fertile Man in Ireland 15 (1999) With Kris Marshall. 4.25 Racing Ace PG (2005)

Sky Movies Action

7.25 Action & Thriller Close Up 7.55 Shadow Conspiracy 15 (1997) 9.55 Freedomland 15 (2006) 12.05 Mission: Impossible III 12 (2006) With Tom Cruise. 2.25 Action & Thriller Close Up 2.55 Gorky Park 15 (1983) With William Hurt. 5.15 The Temp 15 (1993) With Lara Flynn Boyle. 7.05 16 Blocks 12 (2006) With Bruce Willis. 9.00 Mission: Impossible III 12 (2006) With Tom Cruise. 11.15 The Last Boy Scout 18 (1991) With Bruce Willis. 1.15 Magnum Force 18 (1973) With Clint Eastwood. 3.30 Playing God 18 (1997) 5.20 Warriors of Virtue PG (1997)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big League Weekend 10.00 Football Special 11.30 Big League Weekend 12.30 Football Special 2.00 Live International Cricket. England v South Africa. 10.00 Countdown to the Ryder Cup 2008 10.30 NFL: Total Access 11.30 Countdown to the Ryder Cup 2008 12.00 Carling Cup Football 1.30 International Cricket 3.30 World Motor Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 FEI Equestrian World 7.00 WWE: Afterburn 8.00 Show Jumping 9.00 FEI Equestrian World 9.30 World Motor Sport 12.00 Carp Academy 12.30 Speedway 2.30 World Motor Sport 5.00 NFL: Total Access 6.00 FEI Equestrian World 6.30 Motor Racing 7.00 Countdown to the Ryder Cup 2008 7.30 Live Carling Cup Football. Coventry City v Newcastle United (Kick-off 7.45pm). 10.00 Poker 11.00 Football Asia 11.30 A-League 12.00 Challenge Tour Golf 12.30 Premier League Bowls 1.30 Premier League Bowls 2.30 European Seniors Tour Golf 3.30 Ladies European Tour Golf 4.30 Carling Cup Football

Sky Sports 3

6.00 British Rally Championship 7.00 Speedway 9.00 Premier League Bowls 10.00 Premier League Bowls 11.00 FEI Equestrian World 11.30 Racing News 12.00 Show Jumping 1.00 NFL: Total Access 2.00 Premier League Bowls 3.00 Premier League Bowls 4.00 WWE: Smackdown 6.00 Ladies European Tour Golf 7.00 Football Asia 7.30 Challenge Tour Golf 8.00 Premier League Bowls 9.00 Premier League Bowls 10.00 Sports Unlimited 11.00 Pool 12.00 Motor Racing 12.30 Ladies European Tour Golf 1.30 Challenge Tour Golf 2.00 A-League 2.30 Football Asia 3.00 Motor Racing 3.30 Close

British Eurosport

7.30 Porsche Super Cup 8.00 euroCRASH! 8.15 Le Mans Endurance Series 8.45 Rallying 9.15 Beach Soccer 10.15 Snooker 11.00 US Open Tennis 1.00 Live Snooker. The 2008 Northern Ireland Trophy. 4.30 Live US Open Tennis. The first round continues. 12.30 Close

Sky Sports Xtra

12.00 British Rally Championship 1.00 US Open Tennis 4.00 Live US Open Tennis. Coverage of the second day's play at Flushing Meadows. 12.00 Live US Open Tennis. Further coverage of the second day. 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Skunk Fu! (R) (T) 4.05 Young Dracula. (R) (T) 4.35 Serious Ocean. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 My Family. (R) (T) BBC News; Regional News. (T)

8.00 Sky Cops. The group of trainees from Hendon Police College join with the team onboard India 99 for their first raid on a suspected drug dealer. Hugh Dalton catches an offender with his pants down, and twelve officers compete to fill the two vacancies in the unit. Narrated by Jamie Theakston. (T)

8.30 Trawlermen. Father and son team Charlie and Charles McBride have a disastrous week as they lose their fishing net and their boat's hydraulic power is reduced. Jimmy Buchanan has worries of his own when he learns his engine will cost #70,000 to repair. Meanwhile, Chaz Bruce, the youngest skipper in Fraserburgh's prawn fleet, braves force eight gales. (T)

9.00 Who Do You Think You Are? American chat show host Jerry Springer, whose parents escaped Nazi Germany three days before World War Two broke out, embarks on a painful and disturbing journey to find out how his two grandmothers died during the Holocaust, discovering documents detailing their deaths. He also learns how his great-grandfather overcame an anti-Semitic hate campaign in 19th-century Prussia. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)

10.45 The Last Word Monologues. (T)

11.15 The Tudors. Princess Elizabeth is baptised and the Act of Succession is unveiled. Meanwhile, Henry once more begins to take mistresses, much to Anne's displeasure. Jonathan Rhys Meyers stars; (R) (T) National Lottery Update and Weatherview. (T)

12.15 Sign Zone: Tribal Wives. (R) (T) 1.15 Sign Zone: Cooking in the Danger Zone. (R) (T) 2.15 Sign Zone: DIY SOS. (R) (T) 2.45 Sign Zone: Rogue Restaurants. (R) (T) 3.15 Sign Zone: Cash in the Celebrity Attic. (R) (T) 4.00 BBC News. (T)

Pick of the Day

My Zinc Bed (BBC2, 9pm)

Were you one of the lucky people who managed to see the stage version of David Hare's powerful drama of the title, exploring the nature of addiction? No? Well don't fret, as this superb small-screen version should make amends. The action begins as penniless poet and freelance journalist Paul (Paddy Considine) lands a potentially lucrative interview with mega-wealthy businessman Victor Quinn (Jonathan Pryce). However, during the conversation, Quinn brings up the fact Paul is a recovering alcoholic, dismisses his so-called addiction, then offers the writer a job. Flabbergasted, Paul accepts, and this brings him into contact with Quinn's beautiful wife Elsa (Uma Thurman). She too is nursing an addiction and the pair find comfort in each other's old wounds. Unfortunately, what should be just a mild fling becomes more complicated when Paul and Elsa fall in love. One evening, Paul accepts an invitation to his boss's house for a meal, but as Quinn sticks the knife in again and again, Paul turns to booze to soften the blow. By the end of the evening, he has to decide whether he wants to be with Elsa, or whether their destructive personalities would scupper any chance of happiness.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (R) (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Bonnie tells Val her tattoo refers to a barman she met on holiday and forces her into an all-day drinking session in return for keeping it from Eric. Doug drowns his sorrows in the pub as news of his impending divorce spreads, and Katie returns to the village to find her business in tatters thanks to Gray. (T)

7.30 Coronation Street. Feeling increasingly unwell, Jerry is pleased to see Teresa, but Mel loses patience and gives her dad an ultimatum. Jealousy gets the better of Tina, who bursts in on David and Amber at the Platts', while Dev is puzzled by Nina's behaviour in the hotel. Sean begins to suspect Marcus is two-timing him. (T)

8.00 UEFA Champions League Live. Liverpool v Standard Liege (Kick-off 8.05pm). Matt Smith introduces coverage of the third qualifying round second-leg encounter at Anfield. Subsequent programmes are subject to change. (T)

10.10 News at Ten and Weather. (T)

10.40 London News and Weather. (T)

10.50 Six Degrees. Whitney reveals she has feelings for Steven, causing Laura to question her relationship with him. Damian and Whitney's assistant struggles to ensure everything is ready in time for the big party, and Ray faces a threat to everything he has achieved. Last in series, starring Campbell Scott. (T)

11.50 Katy Brand's Big Ass Show. Spoofs of celebrities including Kate Winslet and Melvyn Bragg, plus sketches featuring original comedy creations including roving reporter Captain Rosie Fielding, who this week discovers the joys of speed dating. (T)

12.20 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.15 FILM: The Best of Benny Hill (1974). Compilation of the funnyman's best moments. (T) 2.35 The Jeremy Kyle Show. (R) (T) 3.30 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New Scooby-Doo? (R) (T) 8.30 Hider in the House. (R) (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 What Are You Like? (T) 12.30 Open Gardens. (R) (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Working Lunch. (T) 2.00 Coast. (T) 2.15 Animal 24:7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Eating with the Enemy. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (T) 6.30 MasterChef - The Professionals. (T) 7.00 Grow Your Own Veg. Carol Klein tackles onions, before discovering how to grow baby salad leaves without a garden. Meanwhile, the progress of a leek is followed from tiny seed to warming winter soup. (R) (T) 7.30 Nigella Express. How to prepare delicious meals quickly. (R) (T) 8.00 Natural World. Two elephant calves' struggle for survival. (R) (T) 8.50 Bat Women of Panama. A group of women gather to uncover a Panamanian island's secrets. (R) (T) 9.00 My Zinc Bed. Adaptation of the play by David Hare, starring Uma Thurman. (T) 10.10 Coast. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Black Power Salute. (T) 12.20 BBC News. (T) 4.00 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Je Suis un Rock Star. (R) (T) 10.30 T4: Friends. (R) (T) 11.00 T4: Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 Will & Grace. (R) (T) 1.10 Will & Grace. (R) (T) 1.35 Desperate Housewives. (R) (T) 2.25 Desperate Housewives. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright Young Wonders. Showcasing new presenting voices. (T) 8.00 Embarrassing Illnesses. The doctors treat 33-year-old Toni, who is too ashamed of her asymmetrical breasts to let her husband see them. Plus, a man with an STI and a woman with bladder control problems. (R) (T) 8.30 How Clean Is Your House? Revisiting a mother of three who needs six weeks' bed rest. (T) 9.00 Big Brother. Davina McCall sets the housemates a shock live task. (T) 10.00 Alan Carr: Tooth Fairy Live. Stand-up comedy from the Hammersmith Apollo. (T) 11.05 Big Brother. (T) 11.40 Coming Up: Thinspiration. (T) 12.10 Stacked. (T) 12.45 The Shooting Party. (R) (T) 1.10 The Island. (T) 1.30 Big Brother Live. 4.25 Dispatches: How the Banks Never Lose. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.50 The Milkshake! Show. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Funky Valley. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Sailor Sid. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.15 Ebb and Flo. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (T) 3.05 five news update. (T) 3.10 FILM: Dawn Anna (2005). Emotional drama, starring Debra Winger. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.30 Massive Speed. The history of the attack helicopter. Last in series; (R) (T) 7.30 five news update. (T) 8.00 Britain's Strongest Man. Martin Bayfield presents the first of two days of events in the final from Minehead in West Somerset. Events include the farmer's walk, the car flip and the log press; (T) 8.00 five news at 9. 9.00 Rory and Paddy's Great British Adventure. Rory McGrath and Paddy McGuinness take part in toe wrestling. (T) 10.00 Banged Up Abroad. A woman who received a life sentence in Bangladesh. (T) 11.05 Police Interceptors. (R) (T) 12.05 Poker. 1.35 Major League Baseball. 4.45 Brazil X Games. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Verão Total 13000 News 1415 Amor e Intrigas 1515 Verão Total 1800 Portugal em Directo 1910 O Preço Certo 2000 News 2100 Jogo Duplo 2200 Conta-me Como Foi 2300 João Semana 0000 Terminator: The Sarah Connor Chronicles, series 0045 The Dead Pool, film 0230 The Machmaker, film 0415 Verão Total 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag 1400 Brians Friends 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 1945 Zig Zag 2045 Os Cavaleiros da Prosperidade 2115 National Geographic 2200 News 2240 Wihtout a Trace 2330 Nos Passos de Magalhães 0030 Noites da 2 0145 Backstage 0230 Biosfera 0300 Sempre em Pè 0330 Euronews

SIC

0600 Sic Noticias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Clube Portugal 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 Csi Las Vegas 0130 CSI Miami 0230 Quando o Telefone Toca

TVI

0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açucar 1900 News 1945 Football: Portugal V Faroé Islands Aveiro 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Black Widow, film 0230 Toca a Ganhar 0345 TVI Negocios 0400 O Portector IV 0500 Telesales

Best of the Rest

BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Match of the Day Live 10.00 Family Guy 10.25 Family Guy 10.45 Little Britain 11.15 Spooks: Code 9 12.05 How Not to Live Your Life 12.35 Don't Tell the Bride 1.35 Cheap Homes for Sale? 2.35 How Not to Live Your Life 3.05 Don't Tell the Bride 4.00 Spooks: Code 9 4.50 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 Life in Cold Blood 9.00 Blood and Guts: A History of Surgery 10.00 Film: Requiem 12 (2006) 11.30 Coal House 12.00 Coal House 12.30 Blood and Guts: A History of Surgery 1.30 Medical Mavericks 2.30 Doctors to Be: Twenty Years On 3.00 Doctors to Be: Twenty Years On 3.30 Medical Mavericks 4.35 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Kids Do the Funniest Things 9.00 Film: Bridget Jones: The Edge of Reason 15 (2004) 11.10 Coronation Street 11.35 Film: The Chronicles of Riddick 15 (2004) 1.45 Teleshopping 4.45 ITV2 Nightscreen

Sky One

1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Stargate Atlantis 4.00 Gladiators 5.00 Gladiators 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Don't Forget the Lyrics US 9.00 Bones 10.00 Serial Killers Uncovered 11.30 Soccer AM: The Best Bits 12.30 Road Wars 1.30 Road Wars 2.25 Weeds 3.00 Tenerife Uncovered 3.55 Scare Tactics 4.20 America's Dumbest Criminals 4.45 Bite Size Brainiac 5.05 Guilty!

UKTV Gold

1.20 Only Fools and Horses 3.00 The Two Ronnies 4.00 Doctor Who 5.05 Sorry! 5.40 My Family 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Keeping Up Appearances 8.20 The Thin Blue Line 9.00 Only Fools and Horses 10.40 The Good Life 11.20 Gimme Gimme Gimme 12.00 The Two Ronnies 1.00 The New Adventures of Old Christine 1.30 Gimme Gimme Gimme 2.05 Baywatch 2.50 Baywatch 3.35 The New Adventures of Old Christine 3.55 The Bill 4.45 EastEnders 5.15 Neighbours 5.35 Neighbours

TCM

1.00 The Cazalets 3.00 Please Don't Eat the Daisies U (1960) 5.00 San Antonio PG (1945) 7.05 Elvis: That's the Way It Is PG (1970) 9.00 Kelly's Heroes PG (1970) 11.40 Raintree County PG (1957) 2.35 Action in the North Atlantic PG (1943) 5.00 Kiss Me Kate U (1953)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.30 Blessings PG (2003) 8.05 Borderline Normal 15 (1999) 9.45 Carolina PG (2003) 11.30 Desperate Rescue 12 (1992) With Mariel Hemingway. 1.10 Friends with Money 15 (2006) With Jennifer Aniston. 2.45 Broken Bridges PG (2006) With Toby Keith. 4.35 Confessions of an Ugly Stepsister U (2001) With Stockard Channing. 6.10 Memphis Belle PG (1990) With Matthew Modine. 8.00 Catch and Release 12 (2007) With Jennifer Garner. 10.00 Disclosure 18 (1994) With Michael Douglas. 12.10 Guy 18 (1996) With Vincent D'Onofrio. 1.50 Heaven's Gate 15 (1980) With Kris Kristofferson. 5.25 One Special Night PG (1999)

Sky Movies Comedy

6.05 Prizzi's Honor 15 (1985) 8.15 Ever After: A Cinderella Story PG (1998) 10.20 Robin Hood: Men in Tights PG (1993) 12.10 Norbit 12 (2007) With Eddie Murphy. 1.55 Maverick PG (1994) With Mel Gibson. 4.05 Ever After: A Cinderella Story PG (1998) With Drew Barrymore. 6.10 Robin Hood: Men in Tights PG (1993) With Cary Elwes. 8.00 Wild Wild West 12 (1999) With Will Smith. 10.00 Norbit 12 (2007) With Eddie Murphy. 11.45 Prizzi's Honor 15 (1985) With Jack Nicholson. 2.00 Night Shift 15 (1982) With Michael Keaton. 3.50 Maverick PG (1994)

Sky Movies Action

7.20 The Top 10 Show 7.40 The Guardian 15 (2006) 10.10 Legionnaire 15 (1998) 12.05 Tsotsi 15 (2005) With Presley Chweneyagae. 1.55 Stormbreaker PG (2006) With Alex Pettyfer. 3.45 Torn Curtain 15 (1966) With Paul Newman. 6.05 Get Smart Special 6.25 The Guardian 15 (2006) With Kevin Costner. 9.00 Tango & Cash 18 (1989) With Sylvester Stallone. 10.55 Lock, Stock and Two Smoking Barrels 18 (1998) With Nick Moran. 12.50 Resurrection Man 18 (1997) With Stuart Townsend. 2.40 Mean Guns 18 (1997) With Christopher Lambert. 4.30 Stormbreaker PG (2006)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Carling Cup Football 10.30 International Cricket 12.30 Carling Cup Football 2.00 International Cricket 4.00 Countdown to the Ryder Cup 2008 4.30 Live Cricket. Gloucestershire Gladiators v Middlesex Crusaders. Continues on Sky Sports 3. 7.30 Soccer Special 10.00 You're on Sky Sports! 11.30 FIFA Futbol Mundial 12.00 Carling Cup Football 1.30 Poker 2.30 Boots 'n' All 3.30 Carling Cup Football 5.00 Sports Unlimited

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE Vintage Collection 8.00 Sports Unlimited 9.00 Pipeline Adventures 9.30 Countdown to the Ryder Cup 2008 10.00 PGA EuroPro Tour Golf 12.00 Poker 1.00 Countdown to the Ryder Cup 2008 1.30 Challenge Tour Golf 2.00 Pool 3.00 A-League 3.30 Carling Cup Football 5.00 NFL: Total Access 6.00 Boots 'n' All 7.00 Live Carling Cup Football. Nottingham Forest v Sunderland (Kick-off 7.45pm). 10.00 Boots 'n' All 11.00 PGA EuroPro Tour Golf 1.00 NFL: Total Access 2.00 Total Rugby 2.30 European Tour Weekly 3.00 Watersports World 4.00 Close

Sky Sports 3

7.00 Challenge Tour Golf 7.30 European Seniors Tour Golf 8.30 Ladies European Tour Golf 9.30 A-League 10.00 Pool 11.00 A-League 11.30 Racing News 12.00 Sports Unlimited 1.00 NFL: Total Access 2.00 PGA EuroPro Tour Golf 4.00 WWE: Bottom Line 5.00 WWE: Afterburn 6.00 Irish Greyhound Racing 6.30 Total Rugby 7.00 European Tour Weekly 7.30 Live Cricket. Gloucestershire Gladiators v Middlesex Crusaders. 10.00 Watersports World 11.00 Transworld Sport 12.00 Max Power 1.00 Pipeline Adventures 1.30 Irish Greyhound Racing 2.00 Transworld Sport 3.00 Close

British Eurosport

7.30 Rallying 8.00 MotoGP 9.30 Rallying 10.00 Snooker 11.00 US Open Tennis 1.00 Live Snooker. The 2008 Northern Ireland Trophy. 4.30 Live US Open Tennis. The third day's play at Flushing Meadows. 12.30 Close

Sky Sports Xtra

11.30 Football Asia 12.00 European Seniors Tour Golf 1.00 US Open Tennis 4.00 Live US Open Tennis. The third day's play from Flushing Meadows. 12.00 Live US Open Tennis. Continued coverage of the third day's play. 4.00 Close

Special HEALTH INSURANCE for Readers

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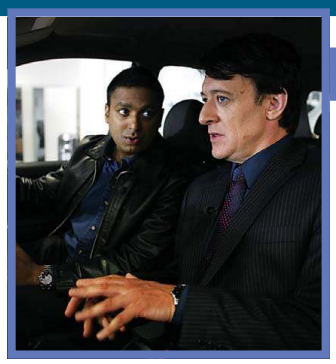
PAT Care

See page 64

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Skunk Fu! (R) (T) 4.05 Best of Friends. (R) (T) 4.35 Hider in the House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Billy is faced with a moral dilemma as things take a dangerous turn between Jase and Terry - leading to a fatal outcome. Dawn's hen night deteriorates as Shirley delivers a few home truths, but the staggered bride's resolve to change her materialistic ways comes too late; (T) BBC News; Regional News. (T)
8.00 Rogue Restaurants. Matt Allwright and Anita Rani send their undercover reporters into the kitchens of a major pub chain, and find out about a landlord with an unusual solution to a mouse problem. Anita also investigates standards at a Middle Eastern cafe. (T)
8.30 Accidental Heroes. New series presenting real-life stories of bravery and courage. A group of cricketers draw on their team spirit and strength to come to the aid of a woman trapped under a car. Plus, a 10-year-old boy looks after his best friend following a freak accident and a skydiver's parachute fails to open. (T)
9.00 SuperDoctors. Professor Robert Winston investigates the use of stem cells as a possible cure for many diseases, witnessing clinical trials taking place at a London hospital. He also finds out about a patient who has volunteered as a test subject, together with a couple so desperate to treat their brain-damaged son they have spent #180,000 on treatment. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 FILM: Don't Say a Word (2001). Psychological thriller, starring Michael Douglas; (T) Holiday Weather. (T)
12.30 Sign Zone: Panorama. (R) (T) 1.00 Sign Zone: Vanessa-Mae - The Making of Me. (R) (T) 2.00 Sign Zone: Countryfile. (R) (T) 2.55 Sign Zone: Celebrity MasterChef. (R) (T) 3.25 Sign Zone: Cash in the Celebrity Attic. (R) (T) 4.10 BBC News. (T)



Pick of the Day

The Cup (BBC2, 9.30pm)
Parents are embarrassing at the best of times, but spare a thought for the poor, unfortunate souls playing for Ashburn United Under-11s in this hilarious documentary-style comedy series. It can't be much fun for the little tykes, whose parents' selfish and obsessive behaviour often gets out of hand as they try to live their own dreams and correct previous failings through their children. The players probably thought that they would get some respite after winning their league and qualifying for the North and Midlands' Under-11s cup in last week's episode, but their success on the pitch only further reinforces their parents' unsavoury behaviour. With coach Blackley too unwell to mastermind the team's path to glory, his job is up for grabs and it soon emerges that Terry and Kaskar, the team's fitness coach, have their eyes on the coveted position. In a bid to gain brownie points with club owner Sandra Farrell, Terry volunteers his wife Janice to organise an auction to raise funds for the stricken coach. Will Janice save the day and will this have any bearing on who Sandra chooses as the team's new coach? Steve Edge and Jennifer Hennessey star.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (R) (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Paul uncovers Bonnie's deception and tells her to leave the village. Jo enjoys a stress-free day with Andy, and Laurel is shocked by Doug's behaviour when he buys a sports car. (T)
7.30 A Garden for London. Part one of two. With 12 square miles of the capital's front yards covered in paving, Chris Collins demonstrates how to dig it up and still have somewhere to park a car. (T)
8.00 The Bill. Rachel and Roger save the life of a drug dealer found bound and beaten after reports of a disturbance. The trail leads to Jay Newman, whose family are in the care of DS Elizabeth Marsh (guest star Jackie Clune) of the witness protection programme. Despite appeals to leave Jay out of the investigation because of the threat of reprisals, Grace presses him for information, putting his family at risk. (T)
9.00 Trinny and Susannah Undress the Nation. The duo try to reintroduce a note of glamour as an antidote to the epidemic of tracksuits, fleeces, trainers and parka jackets sweeping Britain. Inspired by the fashion ethic of the 1950s, when people dressed to impress, they preach the virtues of formal evening wear, and persuade workers at a factory in Derbyshire to abandon their traditional dress-down Fridays in favour of elegant "dress-up" days. Last in series. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.40 London Ambulance. Clare Carpenter and Nigel Flanagan race to the home of a woman who is about to give birth, and a man whose hip has been dislocated is treated by paramedics. Narrated by Gary Kemp.
11.10 Soundtrack to My Life. With the Bangles.
11.40 Mika: Summer Series. The singer performs hits including Grace Kelly and Love Today at an open-air concert at Somerset House, London. Actor Alan Cumming presents, getting up close and personal with the star to discuss his career and chart success. (R) (T)
12.10 Bingo Night Live. 1.15 Motorsport UK; (T) ITV News Headlines. 1.40 FILM: This Is Spinal Tap (1984). Spoof heavy metal documentary, starring Michael McKean. (T) 3.00 The Jeremy Kyle Show. (R) (T) 3.55 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New Scooby-Doo? (R) (T) 8.30 Hider in the House. (R) (T) 9.30 Do Something Different. (R) (T) 10.00 Get 100. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (R) (T) 2.15 Animal 24:7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Eating with the Enemy. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (T) 6.30 MasterChef - The Professionals. (T) 7.00 Who Do You Think You Are? Jerry Springer finds out how his grandparents died in the Holocaust. (R) (T) 8.00 Would Like to Meet Again. Revisiting original singletons Kelli Salone and Jon Massey. (T) 8.30 Dr Alice Roberts: Don't Die Young. The musculoskeletal disorders that cause half of all reported pain. (T) 9.00 Mock the Week. With Greg Proops and Fred MacAulay. (T) 9.30 The Cup. The position of head coach becomes available. (T) 10.00 Never Mind the Buzzcocks. With Kevin Eldon, Patrick Wolf and Irwin Sparkes. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Edinburgh Festival Show. (R) (T) 12.05 Two Pints of Lager and a Packet of Crisps. (T) 12.35 How I Met Your Mother. (R) (T) 1.00 How I Met Your Mother. (R) (T) 1.20 BBC News. (T) 4.05 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (T) 7.30 Big Brother. (R) (T) 8.30 Big Brother. (R) (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Je Suis un Rock Star. (R) (T) 10.30 T4: Friends. (R) (T) 11.00 T4: Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 Will & Grace. (R) (T) 1.10 Will & Grace. (R) (T) 1.35 Desperate Housewives. (R) (T) 2.25 Desperate Housewives. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright Young Wonders. Showcasing new presenting voices. Last in series. (T) 8.00 How to Look Good Naked. In the second of two updates, stylist Gok Wan revisits Lisa Mayall, who had zero body confidence and was terrified of attracting male attention - until Gok began to work his magic. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 The Charlotte Church Show. Entertainment show, featuring a mix of celebrity guests, sketches and music performances. Last in series. (T) 10.50 Comedy Lab: Olivia Lee's Naughty Bits. (T) 11.20 Comedy Lab: Pappy's Fun Club. (T) 11.55 The Kevin Bishop Show. (R) (T) 12.25 The Shooting Party. (R) (T) 12.55 4Music: Ibiza Rocks. (T) 1.20 Big Brother Live. 4.25 St Elsewhere. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.50 The Milkshake! Show. (R) (T) 7.15 Angels of Jarm. (R) (T) 7.25 Roary the Racing Car. (R) (T) 7.40 Sailor Sid. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (T) 3.05 five news update. (T) 3.15 Live UEFA Cup Football. FC Midtjylland v Manchester City (Kick-off 3.25pm). Subsequent programmes subject to change. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.30 Live UEFA Cup Football. Aston Villa v FH Hafnarfjordur (Kick-off 8.00pm). Coverage of the second leg in the second qualifying round at Villa Park, where the hosts take on the Icelandic visitors. Subsequent programmes subject to change. (T) 10.05 Grey's Anatomy. Meredith's father accuses her of causing her stepmother's death. (T) 11.05 Grey's Anatomy. (T) 12.10 Quiz Call. 4.00 Major League Soccer. 4.45 Nick's Quest. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 Jornal da Tarde 1515 Amor e Intrigas 1515 Verão Total 1730 Sorteio da Liga dos Campeões 1800 Portugal em Directo 1910 O Preço Certo 2000 News 2100 Grande Entrevista 2145 Jogo Duplo 2245 Conta-me Como Foi 2345 João Semana 0045 Terminator: The Sarah Connor Chronicles 0130 Unforgiven, film
RTP2
0700 Euronews 0715 Zig Zag 1400 Brians Friends 1600 National Geographic 1700 Zig Zag 1900 Iniciativa 1945 Zig Zag 1900 Iniciativa 1945 Zig Zag 2045 O Cavaleiros da Prosperidade 2115 National Geographic 2200 News 2240 Bones 2330 Nos Passos de Magalhaes 0030 Noite da 2 0130 niciativa 0200 Arte e Emoçao 0230 Vida Por Vida 0300 Sempre em Pè 0330 Euronews
SIC
0600 Six Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Clube Portugal 2215 Ciranda de Pedra 2300 Desejo Roibido 2345 Duas Caras 0045 CSI Las Vegas 0145 Cartaz Cultural 0230 Quando o Telefone Toca 0415 Final Descent, film
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açucar 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritorio 0200 Cartaz das Artes 0230 Alfie, film 0445 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 8.00 Don't Tell the Bride 9.00 Fame Junkies 10.00 EastEnders 10.30 The Wrong Door 11.00 Family Guy 11.25 Family Guy 11.45 Fame Junkies 12.45 Don't Tell the Bride 1.40 The Wrong Door 2.10 Britain's Youngest Grannies 3.10 I'm Kylie's Body Double 4.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Fossil Detectives 8.00 The Rebel Physician: Nicholas Culpeper's Fight 9.00 Casualty 1906 10.00 Blood and Guts: A History of Surgery 11.00 Maestro 12.00 BBC Four Sessions 1.00 Fossil Detectives 1.30 Journeys from the Centre of the Earth 2.30 Fossil Detectives 3.00 Blood and Guts: A History of Surgery 4.00 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Shoplifters Caught on Camera 9.00 Film: The Chronicles of Riddick 15 (2004) 11.15 Secret Diary of a Call Girl 11.45 Secret Diary of a Call Girl 12.20 Film: Runaway Bride PG (1999) 2.25 Teleshopping 5.25 ITV2 Nightscreen
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Stargate Atlantis 4.00 Gladiators 5.00 Gladiators 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 The Man Who Had Minutes to Live 11.00 Road Wars 12.00 Road Wars 1.00 Street Wars 1.55 Weeds 2.30 Tenerife Uncovered 3.25 Scare Tactics 3.50 America's Dumbest Criminals 4.15 Brainiac: Science Abuse 5.10 Guilty!
UKTV Gold
1.30 What a Carry On! 2.00 The Two Ronnies Christmas Sketchbook 3.30 What a Carry On! 4.00 Doctor Who 5.00 Sorry! 5.40 My Family 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Keeping Up Appearances 8.20 The Thin Blue Line 9.00 When Were We Funniest? 10.00 The Good Life 10.40 Steptoe and Son 11.40 Gimme Gimme Gimme 12.20 What a Carry On! 12.50 The New Adventures of Old Christine 1.20 The New Adventures of Old Christine 1.45 Gimme Gimme Gimme 2.15 Baywatch 3.00 Baywatch 3.45 Close Up 3.55 The Bill 4.45 EastEnders 5.15 Neighbours 5.35 Neighbours
TCM
1.00 Precious Bane 3.00 Young Bess U (1953) 5.00 The Doctor's Dilemma U (1958) 6.45 The Journey U (1959) 9.00 Poltergeist 15 (1982) 11.00 Children of the Damned 15 (1964) 12.35 Live a Little, Love a Little PG (1968) 2.15 Home from the Hill PG (1960) 5.00 This Could be the Night U (1957)
The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

7.05 Here Comes the Son PG (1996) 8.45 Amber Frey: Witness for the Prosecution PG (2005) 10.25 Drama Close Up 10.55 The Black Dahlia 15 (2006) 1.00 Tristan and Isolde 12 (2005) With James Franco. 3.10 The Other Sister 12 (1999) With Juliette Lewis. 5.25 Drama Close Up 5.55 Idlewild 15 (2006) With Andre Benjamin. 8.00 Reign Over Me 15 (2007) With Adam Sandler. 10.10 Rob Roy 15 (1995) With Liam Neeson. 12.30 La Bamba 15 (1987) With Lou Diamond Phillips. 2.30 Whispers in the Dark 18 (1992) With Annabella Sciorra. 4.20 A Marriage of Convenience PG (1998)

Sky Movies Comedy

6.00 Project: ALF PG (1996) 7.35 Jane Austen's Mafia! 12 (1998) 9.05 School Daze 18 (1988) 11.05 Teenage Mutant Ninja Turtles III PG (1992) With Elias Koteas. 12.45 Wild Hogs 12 (2007) With John Travolta. 2.30 My Best Friend's Wedding 12 (1997) With Julia Roberts. 4.20 Because I Said So 12 (2007) With Diane Keaton. 6.05 The Object of My Affection 15 (1998) With Jennifer Aniston. 8.00 Wild Hogs 12 (2007) With John Travolta. 10.00 My Best Friend's Wedding 12 (1997) With Julia Roberts. 11.50 Bull Durham 15 (1988) With Kevin Costner. 1.50 Jane Austen's Mafia! 12 (1998) With Jay Mohr. 3.25 School Daze 18 (1988) 5.30 Teenage Mutant Ninja Turtles III PG (1992)

Sky Movies Action

6.15 When a Stranger Calls 15 (2006) 8.00 A Sound of Thunder PG (2005) 10.00 Fracture 15 (2007) 12.10 187 15 (1997) With Samuel L Jackson. 2.25 When a Stranger Calls 15 (2006) With Camilla Belle. 4.10 Action & Thriller Close Up 4.40 The Bourne Ultimatum 12 (2007) With Matt Damon. 6.50 Fracture 15 (2007) With Anthony Hopkins. 9.00 The Bourne Ultimatum 12 (2007) With Matt Damon. 11.10 The Specialist 15 (1994) With Sylvester Stallone. 1.10 The Big Hit 18 (1998) With Mark Wahlberg. 2.50 Blow Out 18 (1981) With John Travolta. 4.45 Angel Flight Down PG (1996)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 FIFA Futbol Mundial 9.30 European Tour Weekly 10.00 Live European Tour Golf. The Johnnie Walker Championship at Gleneagles. 1.00 FIFA Futbol Mundial 1.30 Carling Cup Football 3.00 Total Rugby 3.30 Boots 'n' All 4.30 Live Cricket. Somerset Sabres v Worcestershire Royals. 10.00 Premier League World 10.30 IAAF Athletix Weekly 11.00 NFL: Total Access 12.00 Live NFL. Washington Redskins v Jacksonville Jaguars (Kick-off 12.00am). 3.00 Premier League World 3.30 Race World 4.30 Show Jumping 5.00 Premier League World 5.30 IAAF Athletix Weekly

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Experience 8.00 Watersports World 9.00 Pipeline Adventures 9.30 Carling Cup Football 11.00 Boots 'n' All 12.00 Transworld Sport 1.00 Total Rugby 1.30 Boots 'n' All 2.30 FIFA Futbol Mundial 3.00 Live European Tour Golf. The Johnnie Walker Championship at Gleneagles. 6.00 BMX Cycling 6.30 IAAF Athletix Weekly 7.00 Premier League World 7.30 Golf Night 9.30 BMX Cycling 10.00 Live Poker. Coverage of the online Sky Poker Five-0 tournament. 12.00 Race World 1.00 Motor Racing 2.00 Show Jumping 2.30 Poker 4.30 Close

Sky Sports 3

10.00 Total Rugby 10.30 Irish Greyhound Racing 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Irish Greyhound Racing 3.00 Watersports World 4.00 NFL: Total Access 5.00 WWE Vintage Collection 6.00 Show Jumping 6.30 Motor Racing 7.30 Live Greyhound Racing. The Gold Collar final. 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 Golf Night 3.00 IAAF Athletix Weekly 3.30 BMX Cycling 4.00 Close

British Eurosport

7.30 Le Mans Endurance Series 8.00 Rallying 8.30 World Rally Championship 9.30 World Rally Championship 10.00 Snooker 11.00 US Open Tennis 1.00 Live Snooker. The 2008 Northern Ireland Trophy. 4.30 Live US Open Tennis. The fourth day's play at Flushing Meadows. 5.00 Live UEFA Champions League Draw. The draw for the group stages. 6.00 Live US Open Tennis. The fourth day's play at Flushing Meadows. 12.30 Close

Sky Sports Xtra

1.00 US Open Tennis 4.00 Live US Open Tennis. Coverage of the fourth day's play in the Grand Slam event. 12.00 Live US Open Tennis. The fourth day's play from Flushing Meadows. 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Uncle Max. (T) 4.05 Best of Friends. (R) (T) 4.35 Sorry, I've Got No Head. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 The Green Green Grass. (T)
8.00 EastEnders. Garry delivers devastating news to Dawn on her wedding day, Honey is horrified by Billy's confession and Minty receives an unusual payment from a customer. (T)
8.30 DIY SOS. Nick Knowles and the team visit Sheffield to help the Pickerings, a couple who have spent three years sleeping in full view of their neighbours after wife Shelly knocked down an internal wall in their flat when her husband Stuart was in hospital. Designer Julia Kendell helps transform the disastrous bedroom into an Orient-themed spiritual space. (T)
9.00 Would I Lie to You? Guests Phil Daniels, Lauren Laverne, Michael McIntyre and Graeme Garden join team captains David Mitchell and Lee Mack to dupe their opponents with plausible lies. Last in series. (T)
9.30 The Armstrong & Miller Show. Divorced Dad discusses why his ex-wife couldn't take their son on holiday, while an unconventional aerobics instructor gives unusual commands to his class. (R) (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Comedy Connections. The secrets behind the comedy Dad's Army, the popular series set among the Home Guard of World War Two which featured many veterans of stage and screen and established the successful writing partnership of Jimmy Perry and David Croft. The programme reveals the origins of the series title, Arthur Lowe's reluctance to learn his lines, and how the pilot episode received a negative response from the test-audience. (T)
11.15 The National Lottery EuroMillions Draw. Sarah Cawood presents coverage of the National Lottery EuroMillions weekly draw. (T)
11.20 FILM: Copycat (1995). Thriller, starring Sigourney Weaver; (T) Weatherview. (T)
1.20 Sign Zone: Britain from Above. (R) (T) 2.20 Sign Zone: Britain from Above. (R) (T) 2.50 Sign Zone: Francesco's Mediterranean Voyage. (R) (T) 3.20 Sign Zone: Francesco's Mediterranean Voyage. (R) (T) 3.50 BBC News. (T)

Pick of the Day

A1: The Road Musical (C4, 7.30pm)
Thankfully, this is not a documentary depicting the now-defunct Anglo-Norwegian boy band's comeback tour, but an original half-hour film that tells the stories of a number of ordinary people who work, live or travel along the road that links London and Edinburgh. Using an eclectic mix of music — from jazz baroque to Gorecki and Noel Coward to the Clash — Benjamin Till's debut short is filmed in a forgotten world of soulless commuter-belt towns and service stations and is sung and spoken by commuters who frequently travel along the 409-mile road. They say that everyone has a story to tell, but in this case, they also sing, as one teenager reveals his grief after his brother was killed in a hit-and-run accident, while another vents his frustration at Berwick-upon-Tweed still being on English soil. Till found these people through word of mouth and the Press, interviewed them about their stories, adapted them as song lyrics and set them to music. There are several more numbers sung by everyday people in this film that gives a compelling portrait of contemporary Britain.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (R) (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Jo stands up to Andy when he becomes violent and throws him out of the house. Brenda tells Bob to seek help from Jamie as he struggles to cope running both the cafe and post office alone, while Laurel is disgusted to learn Doug spent the night with Bonnie. (T)
7.30 Live UEFA Super Cup Football. Manchester United v Zenit St Petersburg (Kick-off 7.45pm). Coverage of the club match between the respective winners of the Champions League and UEFA Cup at the Stade Louis II in Monaco. Subsequent programmes are subject to change. (T)
10.00 All New TV's Naughtiest Blunders 38. Neil Morrissey presents a selection of embarrassing slip-ups involving James Nesbitt, Martin Kemp, Chris Tarrant, Linda Lusardi and veteran rockers Status Quo as well as the casts of Fat Friends and Bad Girls. (T)
11.00 The Late News and Weather. (T)
11.25 London News and Weather. (T)
11.45 Bingo Night Live. Free-to-play interactive show offering viewers the chance to download cards from the Internet and win big prizes.
12.55 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.45 FILM: Drive Me Crazy (1999). Comedy, starring Melissa Joan Hart. (T) 3.15 ITV Nightscreen.

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BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder: Project Build It. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New Scooby-Doo? (R) (T) 8.30 Hider in the House. (R) (T) 9.30 Do Something Different. (R) (T) 10.00 Bring It On; (R) (T) Bernard. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (R) (T) 2.15 Animal 24:7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Eating with the Enemy. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 MasterChef - The Professionals. (T) 7.00 The Real Monarch of the Glen. Owner Paul Lister's family move into the Lodge. (T) 7.30 Wainwright Walks. Julia Bradbury sets off in the footsteps of Alfred Wainwright, heading for the summit of Helvellyn via Striding Edge - which she reaches just as the cloud and rain descend. (R) (T) 8.00 Gardeners' World Special. Preserving Britain's unique heritage of wild flowers. (T) 9.00 The Tudors. Sir Thomas More and Bishop Fisher are imprisoned in the Tower of London. (T) 10.00 QI. With Howard Goodall and Danny Baker. (R) (T) 10.30 Newsnight; Weather. (T) 11.00 Reading and Leeds Festival. (T) 1.00 Star Trek: The Next Generation. (R) (T) 1.45 Star Trek: The Next Generation. (R) (T) 2.30 FILM: The Baby (1973). Chiller, with Ruth Roman. (T) 3.55 How I Met Your Mother. (R) (T) 4.15 How I Met Your Mother. (R) (T) 4.40 Close. 5.00 BBC News. (T)

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Je Suis un Rock Star. (R) (T) 10.30 T4: Friends. (R) (T) 11.00 T4: Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 Will & Grace. (R) (T) 1.10 Will & Grace. (R) (T) 1.35 Desperate Housewives. (R) (T) 2.25 Desperate Housewives. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 A1: The Road Musical. A story of love, life and lay-bys on the British road. (T) 8.00 A Place in the Sun: Home or Away. Jonnie Irwin and Jasmine Harman help a Staffordshire couple with three children decide whether to opt for a new life in Cornwall or further afield on Portugal's Green Coast. (T) 9.00 Big Brother. The results of the eviction are announced. (T) 10.00 The Kevin Bishop Show. Featuring a post-watershed version of Blue Planet. Last in series. (T) 10.35 Big Brother. (T) 11.10 Jack Dee Live. (R) (T) 12.15 Transmission. (T) 1.15 4Music: 4Play: Sam Beeton. (T) 1.30 Big Brother Live. 3.45 Goalissimo. (T) 4.35 Transworld Sport. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.50 The Milkshake! Show. (R) (T) 7.15 Angels of Jarm. (R) (T) 7.25 Roary the Racing Car. (R) (T) 7.40 Sailor Sid. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (T) 3.05 five news update. (T) 3.10 FILM: Perfect Romance (2004). Premiere. Romantic drama, with Kathleen Quinlan. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.15 Cricket on five. England v South Africa. Mark Nicholas introduces action from the third one-day international at The Oval. With commentary by Geoffrey Boycott, Simon Hughes and Barry Richards; (T) 7.15 five news update. (T) 8.00 Superstars. The two remaining teams compete for the 2008 Superstars title. Last in series; (T) 8.00 five news at 9. 9.00 NCIS. A Marine is found dead at the bottom of a cliff. (R) (T) 10.00 Law & Order: Special Victims Unit. A serial killer leaves riddles to identify his next targets. (T) 11.00 Law & Order. (R) (T) 12.00 Quiz Call. 4.30 Game Ranger Diaries. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Amor e Intrigas 1515 Verão Total 1800 O Preço Certo 1900 News 1945 Football: Manchester V FC Zenit 2130 Jogo Duplo 2230 João Semana 0030 Terminator: The Sarah Connor Chronicles 0115 Liga dos Ultimos 0200 Gato Fedorento 0330 A Good Lawyer's Wife, film
RTP2
0700 Euronews 0715 Zig Zag 1400 Brians Friends 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1930 Zig Zag 2045 Os Cavaleiros da Prosperidade 2115 National Geographic 2200 News 2240 O Amor no Alasca 2330 A Princesa Espia 0030 Noites da 2 0215 Ente Pratos 0300 Sempre em Pè – Remiz Stand Ups 0330 Euronews
SIC
0600 Sic Noticias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 CSI Las Vehas 0130 CSI Miami 0230 Quando o Telefone Toca 0400 Squanto, A Warriors Tale, film
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Mundialito de Futebol de Praia 1700 Quem Quer Ganha 1745 Morangos com Açucar 1900 News 2115 Euromilhoes 2130 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030 Rambo III, film

Best of the Rest

BBC3
7.00 Top Gear 8.00 Spendaholics 9.00 Dawn Gets Naked 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 11.55 Family Guy 12.15 The Wrong Door 12.45 How Not to Live Your Life 1.15 Two Pints of Lager and a Packet of Crisps 1.45 Two Pints of Lager and a Packet of Crisps 2.15 Dawn Gets Naked 3.10 The Wrong Door 3.40 Spendaholics 4.40 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 A Seaside Parish 8.00 The Passions of Vaughan Williams 9.30 The Cambridge Folk Festival 2008 10.00 The Cambridge Folk Festival 2008 10.30 The Cambridge Folk Festival 2008 11.00 The Avengers 11.50 The Avengers 12.40 Call the Cops 1.10 The Passions of Vaughan Williams 2.40 The Cambridge Folk Festival 2008 3.10 The Cambridge Folk Festival 2008 3.40 The Cambridge Folk Festival 2008 4.10 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 The X Factor 8.00 The Xtra Factor 9.00 Film: Runaway Bride PG (1999) 11.15 Film: The Silence of the Lambs 18 (1990) 1.30 Bionic Woman 2.30 Jack Osbourne - Adrenaline Junkie 3.15 Teleshopping 5.45 ITV2 Nightscreen
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Stargate Atlantis 4.00 Gladiators 5.00 Gladiators 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 TV's 50 Hardest Men 11.00 Inside: The Border War 12.00 Road Wars 1.00 Road Wars 1.55 Weeds 2.30 Tenerife Uncovered 3.25 Scare Tactics 3.50 America's Dumbest Criminals 4.15 Brainiac: Science Abuse 5.10 Guilty!
UKTV Gold
1.20 What a Carry On! 1.55 Only Fools and Horses 3.25 What a Carry On! 4.00 Doctor Who 5.00 Sorry! 5.40 My Family 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Keeping Up Appearances 8.20 The Thin Blue Line 9.00 Only Fools and Horses 10.40 The Good Life 11.20 Steptoe and Son 12.15 What a Carry On! 12.50 The New Adventures of Old Christine 1.20 The New Adventures of Old Christine 1.50 Baywatch 2.35 Baywatch 3.20 Baywatch 4.05 The Bill 4.55 EastEnders 5.25 Close Up 5.35 Neighbours
TCM
1.00 The Prince and the Pauper 3.00 That Forsyte Woman U (1949) 5.00 It Started with a Kiss PG (1959) 6.50 Never So Few PG (1959) 9.00 Brainstorm 15 (1983) 11.00 How the West Was Won PG (1962) 1.35 Treasure Island PG (1934) 3.35 Mark of the Vampire PG (1935) 5.00 Marie Antoinette U (1938)
The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Cheetah Girls 2 U (2006) Comedy drama, starring Raven-Symone. 10.00 Film: Cheetah Girls 2 U (2006) Comedy drama, starring Raven-Symone.

MOVIES

Sky Movies Drama
6.00 Her Own Rules PG (1998) 7.30 Ruby 15 (1992) 9.30 The Top 10 Show 9.45 Diggity's Treasure PG (2001) 11.25 Mad City 15 (1997) With John Travolta. 1.25 Eight Below PG (2005) With Paul Walker. 3.30 The Top 10 Show 3.45 Infamous 15 (2006) With Toby Jones. 5.45 The Prestige 12 (2006) With Hugh Jackman. 8.00 Goya's Ghosts 15 (2006) With Javier Bardem. 10.00 Bringing Out the Dead 18 (1999) With Nicolas Cage. 12.15 Summer of Sam 18 (1999) With Mira Sorvino. 2.45 Flesh and Blood 18 (1985) With Jennifer Jason Leigh. 5.00 Can't Be Heaven PG (1999)

Sky Movies Comedy
7.10 I'm Gonna Git You Sucka 15 (1988) 8.55 The Top 10 Show 9.15 Just My Luck PG (2006) 11.00 Get Smart Special 11.15 Clerks II 15 (2006) With Brian O'Halloran. 12.55 There's Something About Mary 15 (1998) With Cameron Diaz. 2.55 Employee of the Month 12 (2006) With Dane Cook. 4.45 Idiocracy 15 (2006) With Luke Wilson. 6.15 Just My Luck PG (2006) With Lindsay Lohan. 8.00 There's Something About Mary 15 (1998) With Cameron Diaz. 10.00 Employee of the Month 12 (2006) With Dane Cook. 11.55 Idiocracy 15 (2006) With Luke Wilson. 1.25 Clerks II 15 (2006) With Brian O'Halloran. 3.05 I'm Gonna Git You Sucka 15 (1988) 4.40 The Duke U (1999)

Sky Movies Action
6.25 Desperate Justice PG (1993) 8.15 Breakout 15 (1975) 10.05 Los Locos: Posse Rides Again 15 (1997) 12.05 Deja Vu 12 (2006) With Denzel Washington. 2.25 The Grissom Gang 18 (1971) With Scott Wilson. 4.45 Breakout 15 (1975) With Charles Bronson. 6.40 Deja Vu 12 (2006) With Denzel Washington. 9.00 300 15 (2006) With Gerard Butler. 11.10 War 18 (2007) With Jet Li. 1.00 Vanishing Point 18 (1971) With Barry Newman. 2.55 To Live and Die in LA 18 (1985) With Willem Dafoe. 5.00 Desperate Justice PG (1993)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1
6.00 Good Morning Sports Fans 9.00 Transworld Sport 10.00 Premier League World 10.30 Live International Cricket. England v South Africa. 7.00 Off The Bar 7.30 Premier League Preview 8.00 Big League Weekend 9.00 International Cricket 11.00 Off The Bar 11.30 Big League Weekend 12.30 Premier League Preview 1.00 International Cricket 3.00 World Sport 3.30 Big League Weekend 4.30 Off The Bar 5.00 Premier League Preview 5.30 World Sport

Sky Sports 2
6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Raw 9.00 Pipeline Adventures 9.30 IAAF Athletix Weekly 10.00 Live European Tour Golf. The Johnnie Walker Championship at Gleneagles. 1.00 Motor Racing 2.00 Premier League World 2.30 Show Jumping 3.00 Live European Tour Golf. The Johnnie Walker Championship at Gleneagles. 6.00 Big League Weekend 7.00 Tight Lines 8.00 Golf Night 10.30 Ladies European Tour Golf 11.30 NFL: Total Access 12.30 Golf Night 3.00 Ladies European Tour Golf 4.00 International Cricket

Sky Sports 3
8.00 BMX Cycling 8.30 Show Jumping 9.00 Race World 10.00 Motor Racing 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Race World 1.00 NFL: Total Access 2.00 NFL 4.00 WWE: Raw 6.00 Live Rugby Union. Blue Bulls v Western Province (Kick-off 6.10pm). 8.00 NFL 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Rugby Union 3.00 Tight Lines 4.00 IAAF Athletix Weekly 4.30 Pipeline Adventures 5.00 British Rally Championship

British Eurosport
7.30 World Rally Championship 8.00 World Touring Car Championship 8.30 US Open Tennis 10.00 Snooker 11.00 MotoGP 12.00 Live UEFA Cup Draw. The draw for the first round. 12.30 Live MotoGP. The San Marino Grand Prix 125cc practice session. 12.45 Live MotoGP. The San Marino Grand Prix MotoGP practice session. 2.00 Live MotoGP. The San Marino Grand Prix 250cc practice session. 3.00 US Open Tennis 4.00 Live US Open Tennis. The fifth day's play gets under way. 12.30 Close

Sky Sports Xtra
11.00 BMX Cycling 11.30 Show Jumping 12.00 IAAF Athletix Weekly 12.30 ATP Tennis 1.00 US Open Tennis 4.00 Live US Open Tennis. Coverage of the fifth day of the final Grand Slam of the year. 12.00 Live US Open Tennis. Further coverage of day five. 4.00 ATP Tennis 4.30 Show Jumping 5.00 Kiteboard Pro Tour 5.30 Wild Spirits

Estoril Dog Show including Monográfica and Water Trials

People have asked me about this show. The trip can be done as a day trip so the Sunday would be the best day as so much happening.

The show is held over the weekend of 23rd and 24th August and it will be a busy one. The Estoril dog show is held in front of the Casino near the railway station. The show always seems very busy. Our first year in 2006, it was very hot, however, last year it actually rained very hard and was very cold for part of the time. I had to reverse my cage covers to their rain cover side to keep my two dogs dry.

This year Sunday will be very hectic. There will be the normal dog show to compete in at some time — the timings are not yet available!! After that, some of the people will then have to rush off to the Praia do Peixe at Cascais, (a drive away, not feasible to walk, parking can be fun), to be ready to compete in the Water Trials which start at 10.30am, admission being at 10.00am. These normally last for a couple of hours, dependant on how many dogs are taking part.

At 16.00pm on the Sunday the Portuguese Water Dog Monográfica takes place. So any dogs having been swimming will have to be dry and beautiful again by then. This class is the most important one in any breeds showing career as it is just for the breed. So all PWDs only take place.

Quick note for all PWD owners. There is a Portuguese Breeds Dog Show within the Fatacil Show on Sunday, 31st August. The show is listed as starting at 18.00pm. If anyone wants to bring along their PWDs for inclusion in the show it would be best to arrive an hour before. It is held at the Riding Arena. Pups must be over 6 months old to take part.

I obviously have lots of baths and grooming ahead of me. Hope to see some of you at one of these events.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Jan Cobley

Paws 4 Pets 916 273 376

Can you give me a home

Please pass to all Estrela lovers you know.

This is a very gentle, timid small young male about 12-14 months, rescued off the street by English couple who do not live in Algarve so they took him to a rescue centre.

He needs a home desperately as conditions in kennel do not suit Estrelas and they get extremely depressed.

He has beautiful ears and good tail but is very skinny and has no coat at the moment. Good teeth and excellent scissor bite. The colour of the coat in question is fulvous with a black mask and he also has the double-dew claws. All typical Estrela characteristics. The tail forms a hook at the end. This hook is called "gancho". No papers of course.

Please contact Marie on: 289-841480 for further details.

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Hi There!

I am *Nino*, 14 months old, Portuguese Water Dog (you can see in the photo that my lovely fur has been cut). I desperately need a new home as my previous owner could not take care of me. I am very active and full of life, as a young dog should be. I do need lots of space to play and run. I promise to be your best friend.
If you have space and need a friend please call: 919 154 544 or visit AGA - Amigos dos Gatos do Algarve, Edifício Isamar, Av. Sá Carneiro/ Montechoro, 8200-341 Albufeira. Although the institute is Cat friendly, they also take care of us, dogs.
I will be waiting for your call.

Hi! I am *Ruby*! I was living as a stray in Lagoa a few weeks ago. Valérie rescued me and I am looking for a nice loving home now. I am too friendly Valérie says, I want cuddles all the time. I have been wormed, deflead and vaccinated.Call Valérie to visit me and my friends, we are so many! 913 860 865 or 282 342 823 (evenings).

Lisa is a very sweet young bitch. She is rather shy but once she trusts you, she wants to be with you all the time. She has been fully vaccinated, wormed, deflead and neutered.She is good with cats. She will blossom in right hands! Lisa worths a visit. Call Valérie (I have many other dogs to show you!) 913 860 865 or 282 342 823 (evenings).

Stuart is an adorable, energetic, 2-month old puppy. Longing for a happy family to be part of. He is vaccinated, wormed and registered. Hates being alone, loves company and other animals. Anyone who would like to adopt him, please send a text message to: 919 368 726. *Stuart* can be seen at APAA sanctuary, (Associação de Protecção Animal do Algarve), on Mexilhoeira Grande. Tel/ fax: 282 471 347 - 919 368 726. safehandsboardingkennels@clix.pt

Raquel is 4 months old, found abandoned at the door of our shelter, and will be a big girl. She is sweet, nice and gentle. She also has one brother and one sister, very similar to her, all looking for a new home. If you live in the area of Lisbon and would like to have a dog or cat, please contact Association Bianca in Sesimbra. We are a group of voluntaries rescuing dogs and cats from the streets in an area that is characterised by one of the major abandonment rates in Portugal. We have many dogs and puppies, cats and kittens that need re-homing. If you cannot take a dog home, you can help us by fostering one. We also need volunteers to walk our dogs and take them to the vet. Please contact: sesimbra.bianca@gmail.com (English, French and Spanish spoken) and read about our work at www.bianca.pt/english and http://bianca-pet-rescue-adoption.blogspot.com/

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More Torsion notes

Several kind people have rung me with torsion notes.

As I said before feed, ideally, twice a day morning and evening. Try and remain with them and watch they do not bolt food.

No playing around and rushing about after food, I have been warned that this can also cause torsion. I have also been warned not to encourage them to 'roll'—this is something the PWDs do all the time, roll with legs in the air. Sandy also did this twice a day at set times!

Make sure there is water available at all times but also make sure they do not drink gallons of water after eating.

Do not feed in direct sun.

All my information says 'Deep Chested' dogs but It can affect any large dog it seems.

Be vigilant. I was lucky as I was with Sandy when she had hers—however I had never heard of a torsion. I will NEVER forget the screams of pain and the foam from her mouth—never forget.

If my highlighting this helps any other dog owner recognise a torsion and save their dog it will all be worthwhile.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Opening Thanks

The opening of our new store on the Montechoro Road, Albufeira went off with a bang—almost literally as the balloons that Nicholas (aged 6) and Jim had blown up kept bursting. This in turn frightened poor Chloe who was with us for the day. Still, we finally gave up with them and I think we have managed to retain 2 out of about 30!!!

As with everything nothing ever goes to plan and you are very much in the hand of other people. So, two lots of deliveries from the UK, ordered a month back, have still not arrived with absolutely no good excuse. The multibanco machine turned up Monday, no particular reason why it could not be delivered Thursday!! One of the orders arrived with no pricing—so that added to massive confusion.

However, a very big thank you to all the wonderful people who turned up to see us, it was fabulous to see you all and hope to see you again.

Izzy and Cleo break the ribbon with Laura and Jan helping.

The very biggest Thank You must go to Paul Buick at KissFM who pulled out all the stops and got our advert on the radio by Saturday morning — even with my choice of obscure record. Thank you Marc Damon, as well for the help with that. Thanks to all at the Portugal News and to the Resident for their help.

Laura came over with Izzy, it was lovely to see Izzy. Chloe, Cleo and Merlin were in the shop all day. Whilst Cleo and Merlin are used to show life and cages, Chloe was quite bemused by it all. She really could not work out why she should be in a cage — however for most of the day all three dogs galloped into one cage and seemed happier than in separate cages.

I must really say a special thank you to friends who drove all the way over from Moncarapacho just to see us and the new shop, and they were the first to arrive in their MGB Roadster. Thank you Peter and Sandra.

We hope to see many new and current clients at our new store. Remember that we are offering a 10% reduction on everything bought there and are running a raffle for a year's supply of food.

A very big thank you to Jim, Julie and Nicholas, for the long working hours at the shop pre opening.

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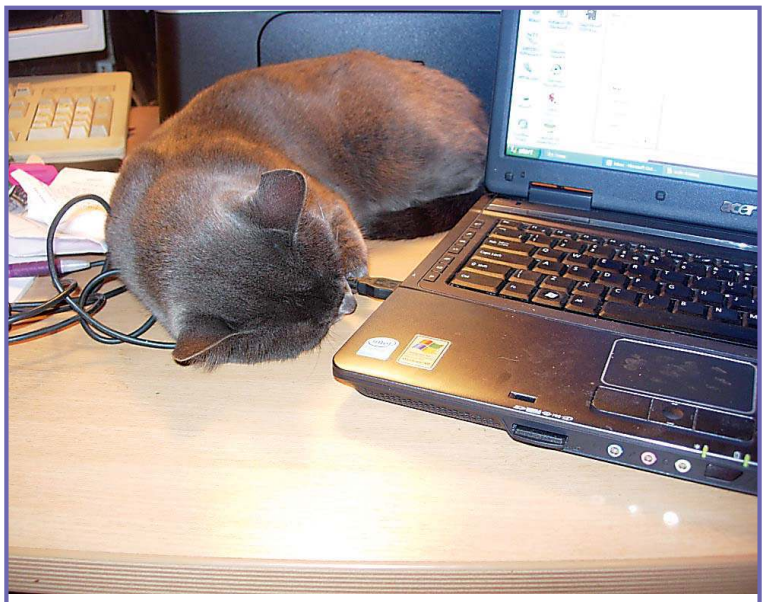

Julie's helpmate, Smoky.

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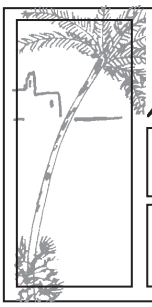

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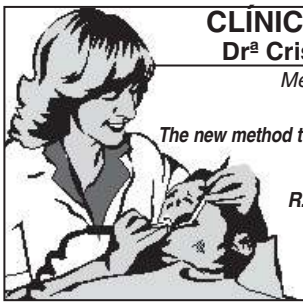

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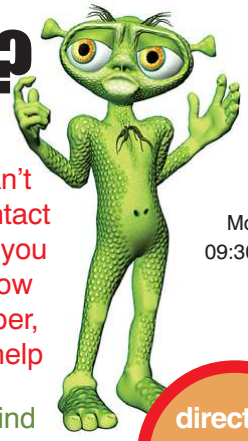

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WHERE TO WORSHIP

Lisbon

IGREJA DO CORPO SANTO, LISBON Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, São Pedro do Estoril Catholic Service in English every Sunday at 10:15 Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

GREATER GRACE WORLD OUTREACH has Live(and archived!) upbeat and inspiring Worship Services available for free viewing thru their website www.ggwo.org—the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1 dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N° 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm- all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S.PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 21 385 8604 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

BAHÁ'Í FAITH – Av. Ventura Terra, nº 1, Lisboa, Tel.: 217590474, E-mail: gae@bahai..pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213 421 604. No collection.

The Algarve

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11:30am St Luke's, Monte de Palhagueira, Gorjões (Near Sta Barbara). Contact Sandra 289 791 699 & 919055959. 9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almancil. Contact Rosie 289 328 302. 8:00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788104. More info: www.stvincentsalgarve.org

ALL SAINTS ANGLICAN CHURCH, ALGARVE – Contemporary, Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers. 10.30 am Community Centre, Almancil (ASCA – Associção Social e Cultural de Almancil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English · 11am. at St. Lourenço Church - Almancil · 6.30pm. at Four Seasons Country Club— Quinta do Lago — Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto on 966168120 or Vítor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 1 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE
Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12:30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

RESGATE DE VIDA , LAGOS APOSTOLIC MULTI-CULTURAL FELLOWSHIP Raising up a New Generation According to , EPH 4 v 11-12 Prophetic Worship , and a Holy Spirit Inspired Word . We invite you to come and drink of the New Wine . English & Portuguese speaking Translations Children Welcome. Meeting on Sundays 7pm - 9pm Wednesdays 8pm -9-30 pm At Rua , Hospital S. Joao De Dues . 300mt North of the traffic lights at the Intermarche Supermarket on the left next to the video shop. English tel. Michael & Yoka 282 782 845 Portugues tel Ana 934 241 766 email finlan@sapo.pt

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembeiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 332 813. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES In OPORTO—GREATER GRACE now has contemporary worship in Porto as of 11/18; Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.NovaAurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggwo.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH – Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

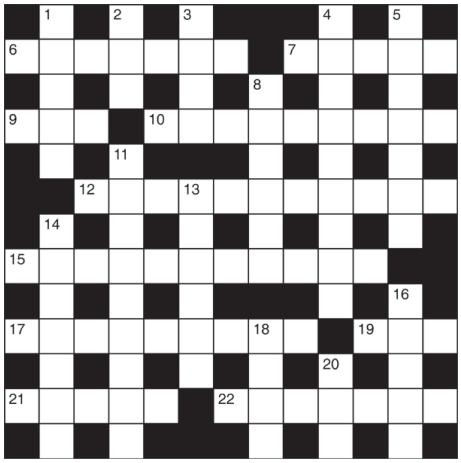
ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntá-rios; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

The Portugal News Crossword No. 206



QUICK CLUES

ACROSS
6. Of no religion (7)
7. Circular (5)
9. Court (3)
10. Constable (9)
12. Upkeep (11)
15. Resound (11)
17. About (9)
19. Colliery (3)
21. Arbour (5)
22. Wreath (7)

DOWN
1. Criminal (5)
2. Pig-pen (3)
3. Nothing (4)
4. Anticipation (9)
5. Heighten (7)
8. Long and very narrow (6)
11. Brazen (4-5)
13. Nonentity (6)
14. Unfold (7)
16. Titan (5)
18. Close (4)
20. Moose (3)

QUICK SOLUTIONS No. 205
Across: 7 Reprehensible; 8 Nonsense; 9 Oust; 10 Hinder; 12 Verify; 14 Infant; 16 Lessen; 18 Chic; 20 Rigorous; 22 Uninteresting.
Down: 1 Devotion; 2 Prised; 3 Shun; 4 Interval; 5 Vigour; 6 Alas; 11 Retarded; 13 Frequent; 15 Accent; 17 Sprite; 19 Hunt; 21 Glee.

For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."- Ephesians 2:10

Upward Glance

with Joyce Voelker

King of Kings

Our oldest daughter was our most strong willed. Almost from the time she entered the world, it was obvious that she wanted to be in charge. As she grew this became even more clear. She believed the world revolved around her desires. We worked hard to bring her strong personality and temperament under control. However, even as a teenager her strong will often rose to the surface. When she was in one of these demanding moods, we would quietly and between ourselves sometimes call her, *Christine the Queen*. She dreamed of being in charge, the CEO of our family.

In the business world, the CEO is the man in command. He's responsible for everything that goes on in his corporation. Regardless of what those who work for him might do, he is legally responsible for all that is or is not accomplished. Many of us in the work force strive to achieve this kind of responsibility and control. We like to be in charge, to have others answer to us and know that things will be done our way and in our time.

According to I Timothy 6:15-16, no matter how far we have climbed the corporate ladder, we are NOT the boss. We are not in control of our destiny or our world. Sooner or later life interrupts our perfect plan and circumstances beyond our control interfere with our dreams and goals.

"He who is the blessed and only Potentate, the King of kings and Lord of lords, who alone has immortality, dwelling in unapproachable light, whom no man has seen or can see, to whom be honor and everlasting power. Amen."

The only one who is King of everything is Jesus. He is the utmost authority in the entire universe. No one is higher, period. The King of Kings is seated on Heaven's throne. He is supreme. All earth must obey his commands. Though He is King, He is a loving sovereign, not a cruel tyrant. He always has time for you, his loyal subjects.

More information about how to have a relationship with God can be found at *www.rbc.orgpersonal_relationship_with_god.page*

September: Focus on the International Algarve Fair

During the month of September residents and visitors to the region will be focussing on the International Algarve Fair. So for the whole month of September we are giving the opportunity for all exhibitors to advertise the products or services they will be offering completely free of charge in the classified section.

Ads. can only be placed by email and should not exceed 15 words. Pictures can also be included, but only one free ad per advertiser may be submitted.

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Announcements

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LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

NEW TENT FOR RENT Quecha T4, 2 EX Air. For tent size and details visit www.quecha.com/EN/t4-2-xl-air-33684474/ ideal for familys. €10 a day or €50 for the week. Tel: 918 256 556 (Eng) or 914 963 211 (Port)

ATTENTION - Fred Peters. Closed until 5th September. Only by appointment. Please phone 282 338 602.

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LOW COST offices for rent. Albufeira West, Galé beach area reduce overheads for new/ existing small businesses. Shared office spaces. Rent from €150pcm, with parking & storage. Alistair 968 555 194

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Charities

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

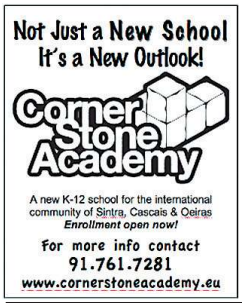
THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

Education



Entertainment & Leisure

ALGARVEAN'S EXPERIMENTAL Theatre Group are active all year and need you as a member. Are you good with a needle or do you like to paint? Happy to go on stage and perform or would you prefer to assist backstage? Young or old join in the fun with play readings starting soon. Ring Nikki on 917 776 245 and nikki_luz@hotmail.com or check out our web address: www.thealgarveans.com

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For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

Explorers & Climbers
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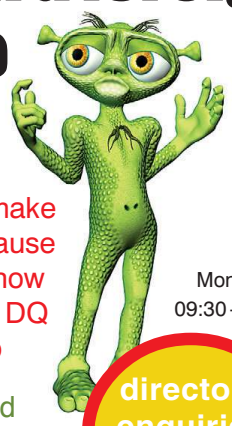

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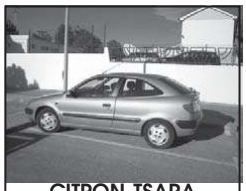

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The man behind 'Rhythm of the Dance'

The Portugal News had the opportunity to interview Kieran Cavanagh, producer of the big Irish hit 'Rhythm of the Dance'. He speaks of the difficulties and perks of producing a show which has exhibited in 36 countries around the world in the past 10 years.

Dancers performing their daily warm-up routine, hours before the start of the show. (Photo: The Portugal News/ Tommy Broad)

Rhythm of the Dance started off as a home-grown production when Kieran was in full swing with his promotion company KCP. The show was more of a personal goal, but after doing a three week tour in the USA, he was flooded with requests to extend the tour, and he soon realised he had produced something very special indeed. From that point on the show had a snowball effect and now, ten years later, it keeps reaching new heights with more dancers, new routines and performances in new countries.

Originally from a small town in North-West Ireland called Sligo, Kieran remembers the moment that marked his life forever: "On the Eve of the Millennium I was in China on tour and took part in a TV show that was being broadcasted live to 700 million viewers for around eight minutes. I was sitting inside a massive globe, later opened to the public, and it was at that moment that I thought to myself: I have made it! A country boy has made it in the show business world!"

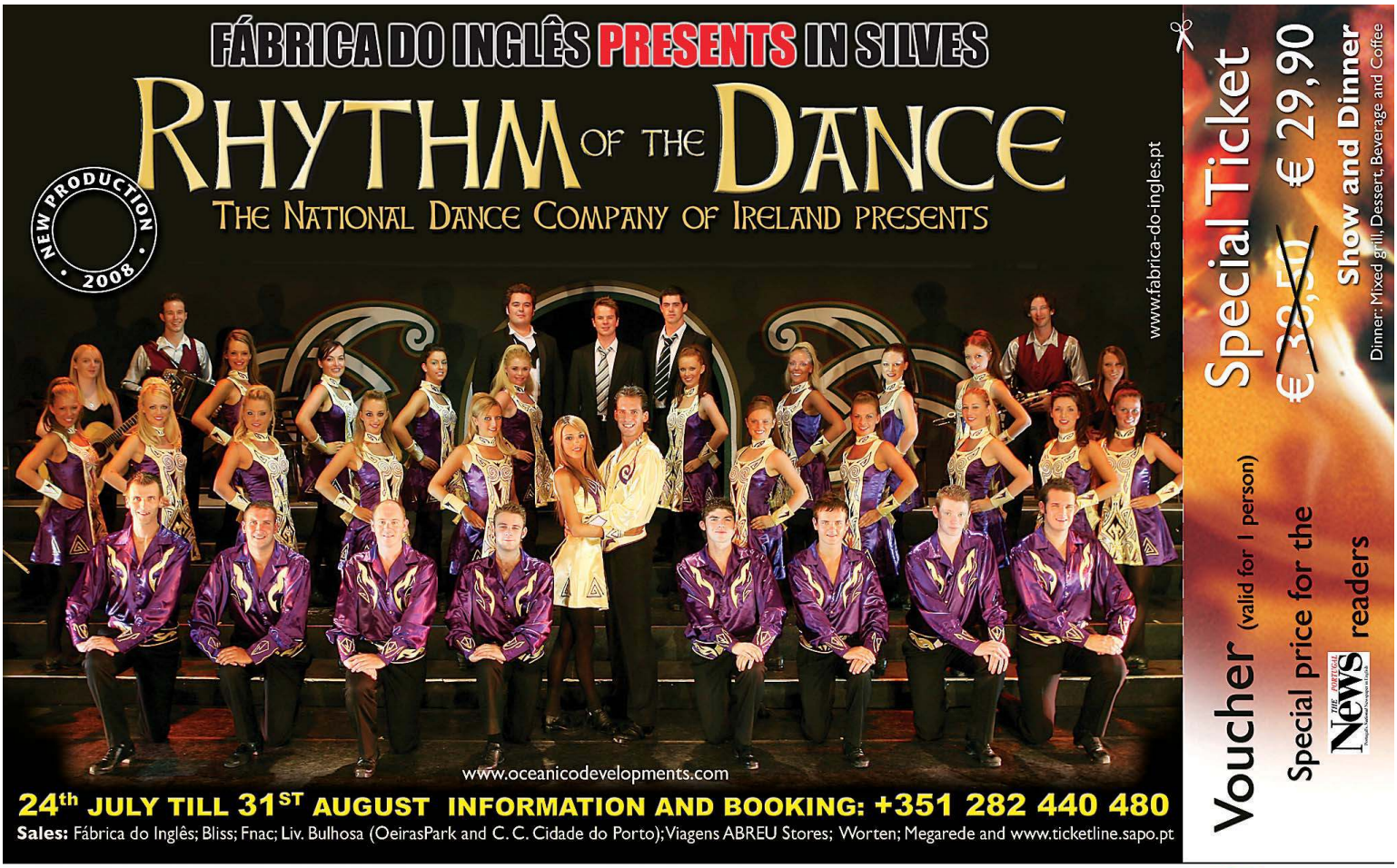
The fact Kieran owned his own promotion company helped the show in its initial stages and it also turned it into a promoter-friendly gig as his experience was a valuable asset, from logistics to marketing; it is not easy to move tonnes of equipment and dozens of people around the world all year round!

He says the reason the show has been such a worldwide phenomenon is the fact it is different to any other Irish show; combining music, dancing and acting, Rhythm of the Dance offers a more purist and traditional view of Ireland and leaves its audience with the feeling they have absorbed some of the Irish culture during the 90 minute performance. Rhythm of the Dance focuses much more on the storyline and performers' abilities rather than the fancy special effects and unnecessary gimmicks many of these blockbuster shows have.

For the performers, Kieran says the world tours are character forming experiences and that it is a very tough life, having to deliver day in, day out and spend so much time away from their families. He related their lifestyle to the life of footballers "Dancers are usually hand-picked at 19-20 years old and perform until around 25-26, at which age most of them 'burn out' from the high paced lifestyle. After Rhythm of the Dance, many return to the 'real world', finish their studies, get a job or settle down somewhere."

Exhibited in 2006, Rhythm of the Dance has returned to Silves and Kieran couldn't be happier: "It is great in Silves, we all have the chance to enjoy the sun whilst on tour, the people are very nice and Fábrica do Inglês has been fantastic to us."

Rhythm of the Dance has daily shows until August 30th at Fábrica do Inglês in Silves, do not miss some of Ireland's finest!



BOOK YOUR SPACE TODAY

The weekend of September 20th and 21st is eagerly anticipated by thousands of people who are waiting to attend "the greatest family party" in the Algarve. The organisers of The International Algarve Fair have planned even more attractions for the forthcoming show staged at Fatacil fairground in Lagoa and the publicity will be more extensive than ever.

With 10,000* visitors staying an average of five hours**, booking a stand for your company will guarantee maximum exposure for your business. The fair has the lowest cost stands and the highest attendance of any event for the expatriate market. If you have not yet reserved your space, call the Exhibition Hotline on 282 380 317 or go to algarvefair.com.

Stands

There will be over 120 stands with everything for the home, garden and lifestyle. Stands will be offering advice on travel, home improvements and finance, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and visitors can enjoy beauty treatments and health advice.

Puff Park

Children love this adventure area with several giant inflatables, which is located in the arena. There will also be clowns, face painting and a real fire engine to explore.

Human Table Football

A unique competition that is set to provide visitors and participants with endless hours of fun. A maximum of 16 teams will be vying for the title of the first Human Table Football champions of the Algarve. To participate contact Tommy Broad tel: 282 380 317 or e-mail: tommy@the-news.net.

Garden area

Everything for the keen gardener and a place to relax and enjoy..

The Algarve Wine Festival

Set amid the garden area in a special marquee, Lagoa City Hall will be staging their annual wine festival.

Pavilion: Home, Property & Finance

The area that every visitor will pass through, and a good place to be if you want your company to be seen. Everything from banking, mortgages, home services, furniture, property, even new cars.

Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialities, a Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

All Day Entertainment

The lineup already includes Harp John, OO-Boop-I-do and Klonakilty plus street artists, clowns and entertainers performing throughout the Fair.

Arts & Crafts Market

A dedicated section for artisans to show off their wares in a beautiful tented area. Spots can be rented for only 75 euros.

Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion.

*attendance in May 2008
**according to a survey conducted in May

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Portugal sinks Faroe Islands

Carlos Queiroz has enjoyed the perfect start to his career as manager of the national football team after seeing his team thrash the Faroe Islands by five unanswered goals in Aveiro on Wednesday evening.

The game was largely used by the former Manchester United assistant coach to test new players, with Antunes coming up trumps at left-back while Dynamo Moscow's Danny enjoyed a good debut match.

Nani, who had Queiroz as a mentor at Old Trafford was arguably the pick of the Portuguese players, and ensured the absence of injured Cristiano Ronaldo was not felt too much.

As expected, Portugal dominated exchanges throughout, but had only a deflected goal to show for their efforts in the first 45 minutes, when Benfica's new-signing Carlos Martins rammed in a left-foot shot which rebounded.

The second half started much better, as captain Simão Sabrosa scored early on.

The true difference between the two sides only came to the fore in the final ten minutes when Portugal scored three goals through winger Duda, central defender Bruno Alves and Nani.

Portugal's next match will be their opening World Cup qualifying match against Malta on September 6, which will be played in Valetta, followed four days later by a home match against Denmark, who are set to be one of Portugal's main rivals in qualifying for the 2010 competition in South Africa.

Portugal will travel to Sweden on November 11th, before hosting Albania four days later.

The national team will enjoy a winter break, before facing Sweden in March 2009 on home turf. Between then and October 2009, they will face Albania, Denmark, (both away from home) before concluding their qualifying campaign in Portugal against the Hungarians.

Carlos Queiroz, the new Portuguese coach, during a press conference prior to the friendly match with Faroe Islands on Wednesday. (Photo: Lusa / Estela Silva)

Triathlete Fernandes breaks Olympic medal duck

Vanessa Fernandes of Portugal has won her country's first and to date, only medal at the Beijing Olympics, taking silver in the triathlon behind Australian rival Emma Snowsill.

After finishing on Sunday over a minute behind Snowsill, who broke away from the main pack when the athletes left their bikes for the final race on foot, Fernandes, 22, said her silver medal was "like a gold, given my age."

"We are a small country that started learning about the triathlon late," added the diminutive Portuguese superstar who has already won a record 20 World Cups. Fernandes had been particularly strong in her favoured leg of the triathlon, the bike race. Australia's Emma Moffat took bronze in the Beijing event.

In Lisbon, Prime Minister José Sócrates said Fernandes' medal brought "great joy for all Portuguese. After breaking the Beijing duck, Sócrates said he expected more Portuguese athletes would stand on wining podiums before the games' closing ceremony.

Portugal's all-time Olympic medal tally now stands at three gold, seven silver and 11 bronze.

But following the country's worse than expected showing in Beijing, the chairman of the Portuguese Olympic Committee this week admitted that the country's athletes had failed and had not been a good return on the 14 million euros invested in the Olympic team.

But despite the weak showing, the Portuguese Committee said it would be boosting funding for the 2012 London Olympics to €16.8 million in the hope of better results.

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Robbery, from p.1.

In what is set to be the most lucrative robbery of the year in Portugal, if not ever, a group armed with machine guns and C4 explosives, which can only be requested by police or the army, have carried out a cash-in transit robbery which has no precedents in the country.

The five men, termed "professionals" by investigating officers, seemed to have every possible loose-end covered as they carried out a heist with military precision, leaving no trail whatsoever.

This was also the first occasion C4 explosives have been used in a robbery of this nature.

Without the necessary training, the explosives, which were placed at the rear doors of the van, could have forced the explosion inwards, with a good chance of damaging the notes - which did not happen in the early hours of Wednesday morning.

In addition, the doors are two centimetres thick, but the strategic placement of the C4 resulted in the doors being blown off their hinges.

Furthermore, the five men, who used three high-speed vehicles in the robbery, chose the moment to intercept the van with extreme care.

The group appears to have carefully selected a blind-spot on the motorway, with the closest camera on the closely monitored motorway located at a distance of three kilometres from the crime scene.

Another reason for the group escaping undetected is that they used an emergency exit a few hundred metres down the motorway to change direction and head back towards Lisbon or the motorway linking the Alentejo with Madrid.

While cameras to the south were being watched and roadblocks set up en route to the Algarve, the assailants, unbeknown to police, were heading back the way they came.

Nails were also placed on the motorway to sabotage any police vehicles who might give chase after discovering they had been tricked.

One of the two security guards in the Prosegur van suffered minor injuries, thought to have been caused by shattered glass following the explosion.

No reports on the nationalities of the men have been revealed, but police have admitted to the possibility that the five assailants learned their trade in other European countries such as Britain or France, where crimes such as this are more common.

Rough estimates published this week reveal that the number of security van hold-ups in 2008 are "about the same in number as that of bank robberies", which totalled exactly one hundred on 15th August.

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